VANCOUVER metro®
NEWS WORTH SHARING.

B.C.'s own man of mystery

An unassuming writer was once a wartime spy who outed Nazi sympathizers, records reveal PAGE 8

'I am sorry,' says Mountie killer

Justin Bourque will be sentenced Friday for the shooting deaths of 3 RCMP officers in Moncton PAGE 12

Swift's switch to pop no trouble

Taylor Swift's new album leaves behind her country roots PAGE 18

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Rest in peace

Cpl. Nathan Cirillo's son, Marcus, was joined by thousands during a full military funeral Tuesday to pay final respects to his father STORY, PAGES 10 & 11

RICHARD LAUTENS/TORSTAR NEWS SERVICE

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NEWS

Okanagan Lake

Pumpkin send van into lake

A van crashed into Okanagan Lake early Saturday after it was hit by a thrown pumpkin.

The driver, a 33-year-old West Kelowna man, was uninjured and managed to escape from the van before it sank, RCMP said.

The man was driving south on Highway 97 near Antlers Beach in Peachland just after midnight on Saturday when a thrown pumpkin smashed through his driver's side window. Police say the sudden impact and the flying glass caused the man to lose control and drive into the lake.

Anyone with information is asked to call Crime Stoppers at 1-800-222-8477. METRO

Commercial Drive

Cops search for suspected arsonist

Arson investigators in Vancouver are asking for the public's help to track down a man suspected of setting fire to a house on Commercial Drive earlier this month.

Around 4 a.m. on Oct. 10th, a man was spotted setting the front door of a house on Commercial Drive near East 38th Avenue on fire. Firefighters put out the blaze. A 69-year-old man escaped from the back of the house and was taken to hospital for smoke inhalation.

Police are looking for a Caucasian man in his 20s or 30s. He was wearing a blue hoodie, designer jeans, white running shoes and gloves. Anyone with information is asked to call police at 604-717-2541. METRO

Outgoing Toronto Mayor Rob Ford, who was elected as a councillor on Monday, and Vancouver Mayor Gregor Robertson. LUCAS OLENIUK/TORSTAR NEWS SERVICE; METRO FILE

Is a scandal needed to up voter turnout?

Municipal elections. Vancouver too 'squeaky clean' to reach Toronto's high numbers, UBC professor says

EMILY JACKSON
emily.jackson@metronews.ca

Sixty per cent of Torontonians cast their ballots to boot Ford Nation out of city hall on Monday, putting to shame the paltry 34 per cent voter turnout in Vancouver's 2011 municipal election.

One UBC professor blames the lack of scandal in Vancouver for the low engagement and believes Toronto's scandal-ridden city hall — outgoing Mayor Rob Ford made headlines around the world for smoking crack — drove nearly one million voters to the polls.

"Our city hall appears to be squeaky clean. We don't have real scandals, certainly nothing of the order we see in Toronto," said Max Cameron, director of the university's Centre for the Study of Democratic Institutions.

In the absence of such salacious stories, it's difficult to reach the large portion of the public that only engages with the city government on very specific issues such as sewage, potholes and development in their immediate vicinity.

"The problem with municipal politics is what fires people up are these specific issues like, 'I don't like this bike lane,'" he said. "Those just aren't the kind of issues that generate the broad interest and sense of what's at stake in an election."

But not all would agree the city is scandal-free as citizens prepare to head to the polls on Nov. 15.

Non-Partisan Association mayoral candidate Kirk LaPointe has accused the dominant Vision Vancouver of corruption and backroom deals with the outside workers union. (Mayor Gregor Robertson denied any wrongdoing.)

Another challenge for voter turnout in less scandalous environments is that municipal governments don't have the cash to solve big problems such as homelessness or transit, Cameron said, adding they can feel discouraged from voting when such election promises don't materialize.

Toronto also has a ward system, meaning people only have to vote for one councillor and mayor.

In Vancouver, voters must select 10 councillors and a mayor.

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Weak environmental protections result of Liberal cuts: Foundation

Criticism from David Suzuki Foundation.
Environment Minister says B.C. is developing a new land-based spill response plan

A decade of cuts has led British Columbia down a path where government staff now question the province's ability to prevent and respond to environmental disasters.

An internal Ministry of Environment email — raised in the legislature this week by NDP environment critic Spencer Chandra Herbert — says staff "could point to hundreds of spills on [an] annual basis where gaps occurred or improvements are needed," but don't have the resources to compile such a report.

The contents of the email, first reported by Metro, caused Environment Minister Mary Polak to admit B.C.'s land-based spill response plan and polluter-pay model "isn't strong enough."

Bill Wareham, science project manager at the David Suzuki Foundation, said he isn't surprised.

"It's a trajectory we've been on for a decade now," said Wareham on Tuesday. "There is so much evidence, it's hard to sweep things under the carpet nowadays. It's better to say you recognize this is an issue."

In its efforts to cut corporate red tape, promote resource industries and show fiscal restraint, Wareham says the B.C. Liberals have let environmental protection slide.

Ministry of Environment budgets have been slashed by as much as 25 per cent and the number of government scientists has been reduced by as much as one-third, Chandra Herbert figures.

That has resulted in fewer staff on the ground, softer environmental regulations and has allowed companies to operate with a higher level of risk to create "a new baseline of pollution," according to Wareham.

An excavator is covered in oil after a pipeline was pierced in Burnaby on July 24, 2007. METRO FILE

"That's the new normal. That might be good for business … but it's not a responsible approach," he said. "We'd like to see government invest in the mitigation of risk."

Polak said the province is spending the next year to develop a new land-based spill response plan to address gaps, but also expects industry to take a greater role.

Wareham said more involvement from industry is fine, as long as there are strong regulations and "troops on the ground" in place to enforce those regulations.

"Companies operate to the extent of the law. They don't invest [more in mitigation] because they don't have to," he said. "Government should be setting the regulatory requirements so it's more clear what the responsibilities are."

Polak said Monday that government is attempting to "address the need for more human resources" by integrating staff at related ministries, such as the Ministry of Forests, Land and Natural Resource Operations.

"That means bringing together all the resources they have together with our conservation officers service and our compliance and enforcement branch, so they can operate interchangeably," she said. "That will help us in the meantime while we're working on all the policy and regulatory matters." MATT KIELTYKA/METRO

NPA promises to build three new outdoor swimming pools

A file photo of Kits pool. EMILY JACKSON/METRO FILE

Those who enjoy splashing around in Vancouver's oceanfront outdoor pools will love the Non-Partisan Association's latest election campaign promise as long as they don't mind the price tag.

NPA mayoral candidate Kirk LaPointe pledged Tuesday to build three new outdoor pools if elected in the Nov. 15 vote. Each of the promised pools would cost between $4 million and $6 million, depending on where they're built.

LaPointe said the city is "dramatically underserved" in terms of outdoor pool facilities in a news release outlining the party's park board platform.

There are three waterfront pools at Kits Beach, Second Beach and New Brighton Park and two outdoor pools at Hillcrest Community Centre and Maple Grove Park. The NPA did not say where it planned to build the three additional pools, but said it would consult with the community first.

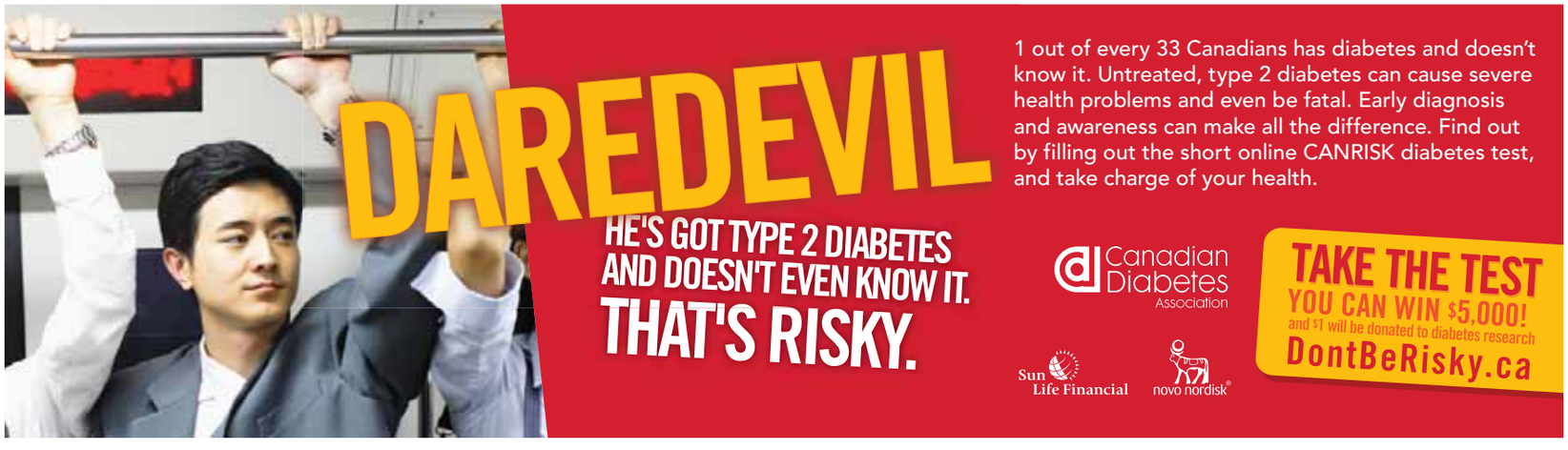
Pool promotion

The city has a group dedicated to the cause called the Vancouver Society for the Promotion of Outdoor Pools.

LaPointe also criticized Vision Vancouver's election pledge to offer free swimming lessons, stating there isn't enough capacity at existing pools to meet demand.

The NPA also pledged to fix the relationship between the park board and the city's community centre associations, six of which are fighting the board in court over the joint operating agreement, and to ensure the park board remains strongly independent from council.

Vision park board commissioner Trevor Loke dismissed the plan for lacking details and not stating where the money for the outdoor pools would come from. EMILY JACKSON/METRO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Cloverdale. Victims in early morning shooting known to police

The two male victims of the early morning shooting at an alleged marijuana grow-op in Cloverdale were taken to Royal Columbian Hospital with serious injuries.

Around 5 a.m. Tuesday, Surrey RCMP responded to a report of shots fired in the 17900 block of 40th Avenue. When they arrived on the scene, officers discovered the alleged grow-op but did not find the victims of the shooting.

About 20 minutes later, the police were notified that two people were found in a parking lot across from Surrey Memorial Hospital suffering from gunshot wounds.

While the two incidents are still in the early stages of investigation, police believe they are related.

The two men in their 30s are known to police.

Anyone with further information is asked to contact the Surrey RCMP at 604-599-0502. To report an anonymous tip, call 800-222-TIPS.

STEFANIA SECCIA/FOR METRO

Paramedics load a man into an ambulance near Surrey Memorial Hospital. SHANE MACKICHAN/FOR METRO

SkyTrain. Commuters endure more delays on rapid transit service

A couple of disruptions along the SkyTrain line this week once again left commuters frustrated with the public transit system.

The two delays, one Monday afternoon and the second Tuesday morning, were relatively brief but added to a growing list of stoppages that have recently plagued the rapid transit service TransLink says is otherwise reliable.

The disruption on Tuesday morning was the result of a switch problem between Metrotown and Joyce stations and held up rush hour service for less than an hour, but caused significant congestion at stations as the crowds were moved along.

Service on Monday's afternoon commute was also stalled briefly, as passengers were told a stalled train had to be removed from service.

Two longer service disruptions in July caused TransLink to launch an independent review into the disruptions, led by former Toronto GO Transit CEO Gary McNeil.

McNeil's report is due at the end of the month.

MATT KIELTYKA/METRO

Dr. Corey Nislow, head researcher of the UBC team, will work with Genome BC and the BC Pharmacy Association in a new research project that aims to revolutionize personalized medicine through the use of genetic information. COURTESY UBC PUBLIC AFFAIRS

How genetics could alter drug therapy

Research. Project lets pharmacists assess patient's genetic information before prescribing medicine

STEFANIA SECCIA
vancouver@metronews.ca

A swab of saliva may go a long way in revolutionizing personalized medicine through a new research project launching in pharmacies across B.C.

Genome BC and the BC Pharmacy Association have partnered up to fund the $400,000 Genomics for Precision Drug Therapy in the Community Pharmacy project. It will be led by a team at the University of British Columbia's Faculty of Pharmaceutical Sciences.

The project is the first of its kind in North America and aims to let pharmacists acquire and assess a patient's genetic information before determining drug therapy decisions.

"This project is focusing on just a handful of variants that influence the way in which you metabolize one particular drug," said Dr. Corey Nislow, head of the UBC research team.

In its first phase, which is expected to last a year and a half, about 20 pharmacies will collect swabs of saliva from voluntary patients if they have been prescribed warfarin, a blood thinner. Each patient's sample will be kept anonymous.

By using next-generation sequencing for a patient's genome collected through saliva, the data can help assess the appropriateness of a certain medication, the dose and the intervals.

This same sequencing technology is what's been used in HIV and cancer testing, according to Dr. Brad Popovich, Genome BC's chief scientific officer.

"It's changed (HIV) from being a fatal disease to a chronic disease. It's decreased the mortality rate by more than 90 per cent," he said. "You get a glimpse of the future when you look at the HIV program now."

If all goes well, the next phase will launch through a broader base of pharmacies in B.C. and offer patients the opportunity to provide their genetic information to guide future therapeutic dosing decisions.

Quoted

"If we incorporate genetic information at the beginning ... (we) eliminate a lot of trial and error."

Dr. Corey Nislow

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Burnaby to appeal decision on Kinder Morgan's access

Pipeline survey work. City's mayor questions National Energy Board's legal authority relating to municipal bylaws

Burnaby is refusing to back down from its fight with Kinder Morgan, saying it plans to appeal a National Energy Board decision granting the energy giant access to a municipal conservation area.

The city has tried in recent months to block the company from conducting survey work in the area on Burnaby Mountain — Kinder Morgan's preferred route for the expansion of the Trans Mountain pipeline.

But the energy board ruled last week that Burnaby can't stop the company's activities because the geotechnical work is needed by the board so it can make recommendations to the federal government about whether the project should proceed.

Burnaby Mayor Derek Corrigan says he wasn't surprised by the NEB ruling, but he questions the energy regulator's legal authority to consider constitutional questions relating to municipal bylaws. Such a power has never been previously found to exist in any prior board decision, he said.

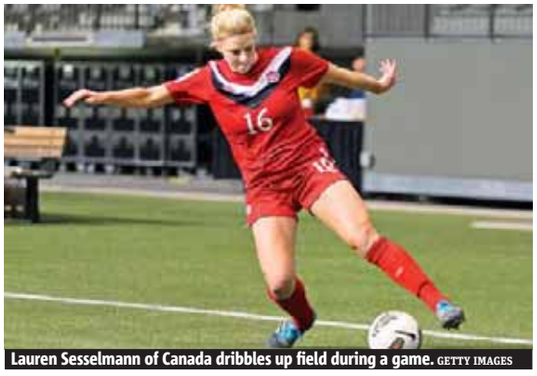
Lawyer Greg McDade, who is representing the City of Burnaby, said he believes no federally appointed panel should have the power to rule on municipal laws or enforcement powers. The board disagrees on the extent of its powers, saying in a statement last week that it found it does have the legal jurisdiction to override municipal bylaws.

The order forbids the City of Burnaby from undertaking any bylaw enforcement. It also says Kinder Morgan must give the city written notice of work 48 hours in advance and must remediate any damage.

THE CANADIAN PRESS

A Burnaby trails crewman shows stumps in the Burnaby Mountain Conservation Area on Sept. 14, 2014. METRO FILE PHOTO

Decision delayed on grass for Women's World Cup



Lauren Sesselmann of Canada dribbles up field during a game. GETTY IMAGES

The elite soccer players who filed a gender discrimination lawsuit in their battle to play on real grass instead of artificial turf at the FIFA Women's World Cup in Vancouver next year will have to wait to see if they have support from Vancouver's city council.

Vision Vancouver voted Tuesday to delay Green Party Coun. Adriane Carr's motion to press the province to pay for real grass for the tournament games to be held at B.C. Place next summer, and if the province refused, for the city to fund the "level playing field" with $250,000 from its coffers.

Carr introduced the motion after 60 women sued FIFA and the Canadian Soccer Association for plans to hold the tournament on artificial turf that poses greater risk of injury. Men's tournaments have never been held on fake grass.

But Vision Coun. Andrea Reimer argued Carr grossly underestimated the cost of real grass and that council needs accurate information before it can vote to lobby the province.

Reimer, a soccer player, argued that players need to train on the same surface they play on, so the city would also have to put in real grass at its four practice fields at an estimated total cost of $3.25 million. Since real grass fields wear out quickly, she said, the city would have to replace these four times throughout the tournament for a total of $13 million.

If the entire tournament were to be held on real grass — 52 games are being played across Canada — Reimer estimated it would cost $78 million for surfaces in Vancouver, Edmonton, Winnipeg, Ottawa, Montreal and Moncton, N.B.

Carr urged council to amend the motion with Reimer's numbers instead of referring it, as some of the women who filed the lawsuit have reportedly been threatened with reprisal from FIFA.

She said it's a chance for the city to be leaders in both world-class sporting facilities and on the topic of equality.

Ultimately, the motion was delayed. Since the next city council meeting takes place after the Nov. 15 election, the topic could be in the hands of a different group of politicians.

EMILY JACKSON/METRO

Hudson's Hope

Two killed after minivan ends up in ditch

Two people are dead after a single-vehicle crash northeast of Hudson's Hope, B.C.

RCMP say a minivan was travelling toward Fort St. John on Monday night when it failed to make a turn.

The van went into the ditch and rolled, ejecting both men inside.

Cpl. Dave Tyreman says RCMP, fire rescue and ambulance personnel attended the scene, but despite all lifesaving efforts the men were pronounced dead.

Police say the men were 27 and 47, but their names won't be released until their relatives have been notified.

THE CANADIAN PRESS

Breast cancer

BC Cancer Agency urges more women to get screened

Only half of the province's eligible women are showing up for breast cancer screenings every year, according to the BC Cancer Agency.

While the 51 per cent participation rate is similar across Canada's other screening programs, the agency is taking the opportunity to remind women between the 40 and 74 to get a mammogram every two years.

"This is October, Breast Cancer Awareness Month and we like to take every opportunity to we can to call on all eligible women," said Dr. Christine Wilson, BC Cancer Agency spokeswoman.

STEFANIA SECCIA/FOR METRO

Suing for $20,000

Flying club says ex-director wrote himself cheques

An aviation association in Merritt, B.C., is suing one of its former directors for more than $20,000, alleging he wrote cheques to himself for his personal use.

The Merritt Flying Club has filed a notice of claim in B.C. Supreme Court against Ian Gordon.

The document says Gordon wrote two fraudulent cheques to himself - one for $12,000 in October 2009 and another for $8,428 in February 2010.

It says Gordon lacked the authority to write any cheques to himself for his own use. THE CANADIAN PRESS

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‘You would never have any idea what his work was’

Records declassified. MI-5 spy who outed Nazi sympathizers in WWII retired to quiet life in B.C.

To his neighbours on Saltspring Island, B.C., he was an avid gardener and a history writer who lived a quiet life with his wife and children.

But to the British spy agency MI-5, he was a wartime agent who exposed hundreds of Nazi sympathizers and intercepted secrets meant for Gestapo eyes.

Records released by the British National Archives reveal the identity of the spy code-named Jack King as Eric Roberts, an unassuming banker who retired and came to Canada in 1956. He died on the island in 1972 at the age of 65.

“We’re still reeling from it,” his daughter, Christa McDonald, said Tuesday from her home in Qualicum Beach, B.C., after learning of the release of the documents.

“We’re absolutely so happy that he’s getting some recognition for his work but, at the same time, it’s been quite emotional for the family.”

Declassified documents posted online by the British archives on Friday say Roberts posed as a Gestapo officer, gathering information from Nazi sympathizers in Britain from 1942 to 1945 to ensure it did not reach the enemy. Among hundreds of pages of transcribed conversations involving Jack King is information meant to aid a German invasion of Britain and an appeal for a renewed blitz by German bombers.

It is believed that Roberts was one of the inspirations for spy writer John Le Carre’s famous character George Smiley.

To McDonald, he was a great father for her and her two brothers and a humble man.

“Our family life was different because of his work, but having said that, we had a great family life,” said McDonald, who has one living brother with whom she has spoken about the revelations.

They were aware to a certain degree that their father led a dangerous second life.

“We knew to keep quiet when we were outside the house,” she said.

The archive records say Roberts joined the service July 4, 1940, but his daughter said he began working for MI-5 at 17 in a minor role.

Officially, the archive records show that on June 8, 1940, Lt. Colonel Allan Harker wrote to Westminster Bank Limited to request Roberts’s release to the security service’s employ.

His unassuming bank job was part of his cover, his daughter said.

“My father was highly intelligent. He really was. And when I think back now ... to lead a double life for so long, when you think about it, is quite amazing,” McDonald said. “He was very witty. He was unassuming and you would never have any idea what his work was.” THE CANADIAN PRESS

Eric Roberts, shown in a British National Archive photo, posed as undercover Gestapo officer Jack King to expose hundreds of Nazi sympathizers during the Second World War. BRITISH NATIONAL ARCHIVE/THE CANADIAN PRESS

Un cochon!

Pork Chop the pig gets sent home from school

Students at a Metro Vancouver elementary school had a bit of excitement during recess when a porky intruder decided to join them in the schoolyard.

School administrator Marie Fraser says children were playing outside École des Voyageurs in Langley on Monday when a 180-kilogram pig meandered onto school property.

Fraser says the school immediately declared a so-called code yellow, the children were shuffled inside and police were called.

It took Mounties two hours to corral the pig, named Pork Chop, who had escaped from a nearby farm when the gate was left open.

Fraser says the pig clearly had no intention of leaving the school.

She says Pork Chop might have wanted to stay and learn some French.

THE CANADIAN PRESS

Kamloops. Teens who texted nude photos of girls plead guilty to lesser charge

Three teenage boys originally charged with possession and distribution of child pornography have pleaded guilty to the lesser charge of criminal harassment in a sexting scandal in Kamloops, B.C.

Crown lawyer Sarah Firestone said the 15-year-old boys, who attend separate schools, coerced several girls between the ages of 13 and 15 to send nude photos of themselves on social media sites.

Then they shared the images, much like “trading hockey cards,” Firestone told B.C. Supreme Court. She said the boys caused their victims to fear for their safety.

“The harm hasn’t been fully realized and the images could end up in the hands of a predator.”

The exchanges of photos and texts with girls utilized a variety of social media options, including Snapchat.

Firestone said some of the girls were under the impression the photos would disappear using Snapchat, but the boys used methods to keep the images.

“This is strange new ground,” she said. “It comes with recent developments in technology. These are things that would never happen face-to-face. I have a hard time thinking young men would come up to random strangers and ask them for nude pictures.”

The Crown said images of as many as 32 girls, semi-clothed and topless, were circulated. In two instances, parents turned cellphones over to school authorities after some information and applications were deleted. In some instances, the boys, who were 14 at the time, sent pictures of their genitals.

The Crown is seeking a year’s probation, along with a ban on any mobile devices with photographic capabilities and an Internet connection.

Defence lawyer Kevin Church said the teens weren’t running a child-porn ring and were receiving images, not photographing the girls.

He said one of the girls sent 50 images in one month. Church and defence lawyer Bill Sundhu have both called for a conditional discharge, saying their clients are scapegoats.

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Bought a new computer in '99? A cool $20 could be heading your way

B.C. residents who bought new computers between 1999 and 2002 are eligible to claim a share of an $80-million class-action settlement recently approved by a Vancouver judge.

"We'd like to see hundreds of thousands of Canadians filing for compensation," said Vancouver lawyer J.J. Camp, whose law firm, Camp Fiorante Matthews Mogerman, filed the B.C. class action in 2004, alleging a large-scale price fixing conspiracy against manufacturers of dynamic random access memory (DRAM) located in Asia, Europe and North America.

DRAM is a semiconductor that provides high-speed storage and retrieval of information found in computers, servers, telecommunications equipment and a range of consumer electronic equipment.

"You'll get $20, minimum," Camp said in an interview.

Individual computer buyers do not need proof of purchase to receive at least $20 for each household that bought a new computer during the time period, he said.

Businesses, as well as provincial and federal governments, which buy large numbers of computers each year, need to show receipts to make larger claims for compensation, Camp said.

Quoted

"We'd like to see hundreds of thousands of Canadians filing for compensation."

Vancouver lawyer J.J. Camp

He said he would like to see the class-action compensation fund paid out to consumers rather than having any money left over, which then would be donated to charity.

Years ago, Camp represented Canadians who overpaid for various vitamin products due to an international price-fixing cartel, which resulted in a $150 million class-action settlement. More than $25 million went unclaimed and was distributed to various research institutions, universities and charities, including food banks, he said.

The recent class-action, known as Pro-Sys Consultants vs. Infineon Technologies AG, involved a number of companies, including Hitachi, NEC and Samsung, which reached earlier settlements of $67.3 million.

The final settlement approved this month in B.C. involved German company Infineon, as well as Toshiba, Mitsubishi and Winbond, which agreed to pay $12.2 million, bringing the total to $80 million.

B.C. Supreme Court Justice David Masuhara also approved $22.7 million in legal fees (30 per cent of the $80 million) for the four Canadian law firms and two U.S. law firms involved in the Pro-Sys case.

It is one of the largest legal fee awards in Canadian class-action history and the $80-million settlement is the second largest in Canada involving the Competition Act, Camp said.

He said more than $1 million will be spent on ad campaign in December to tell consumers how to file claims for a share of the mega settlement.

NEAL HALL/FOR METRO

Amir Golbaz. Man accused of threatening to kill government workers in Kamloops granted bail

A man accused of threatening to kill government workers at a social services office in Kamloops, B.C., has been granted bail.

Amir Abbas Golbaz, 37, is facing charges of uttering threats, causing a disturbance, resisting a police officer, mischief and assaulting a police officer stemming from a Sept. 26 incident.

The Crown alleges the Iranian refugee, who is schizophrenic, became upset with a clerk when he was told he would have to wait 90 minutes to be served.

"Mr. Golbaz sat down in the waiting area but soon began to mutter," Crown lawyer Will Burrows said.

"He was upset and began to yell and called the employee a racist," Burrrow said. "He continued with his rants and then continued, 'We'll all die — I'll kill you.'"

Court heard Golbaz then ripped a phone off of the wall and smashed it.

When police showed up, he attempted to kick two officers before he was taken into custody.

Provincial court Judge Roy Dickey agreed to release Golbaz on bail with a $500 deposit.

Court heard that Golbaz, whose family emigrated to Canada as refugees fleeing Iran in the 1980s, has been diagnosed with paranoid schizophrenia.

He plans to eventually live with his family in London, Ont.

Court heard he is wanted on an immigration warrant, so even if he is released from custody in B.C., he will likely have more legal issues to deal with before he gets out of jail.

Lawyers will meet next week to set a date for Golbaz's trial in Kamloops.

THE CANADIAN PRESS

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Thousands line streets to say goodbye to Cpl. Cirillo

Funeral procession. Family, friends and complete strangers pay respects to soldier gunned down in Ottawa last week

Katherine Cirillo, mother of Cpl. Nathan Cirillo, is full of emotion as she walks along the procession route in Hamilton, Ont. A full military funeral was held Tuesday for Nathan Cirillo, the soldier who was shot to death in Ottawa last week. RICHARD LAUTENS/TORSTAR NEWS SERVICE

To his fellow soldiers, he was "loyal, tough, loving, true."

To his family, he was a fun, devoted son and brother, and both father and best friend to his son.

And to Canada, shaken by his frightening death on home soil, Cpl. Nathan Cirillo is the young soldier who has "joined the ranks of so many Canadians who have gone before him," said Prime Minister Stephen Harper, "having given all in the service of their country."

Thousands of mourners lined Hamilton's streets to say goodbye to the young reservist at the regimental funeral Tuesday, gathering as scores of Cirillo's military colleagues formed a procession alongside Cirillo's flag-draped casket, slowly marching toward Christ's Church Cathedral.

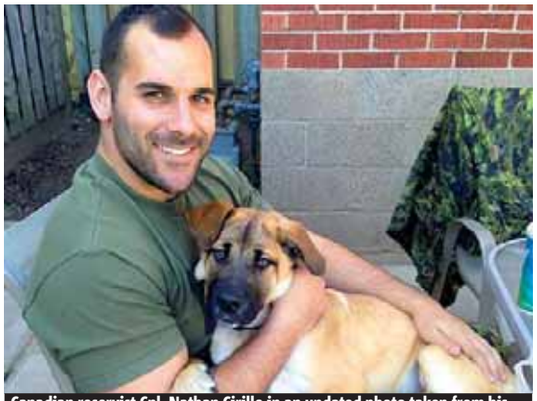
In an emotional service inside a church packed with family, fellow soldiers and dignitaries, Cirillo's family, grieving comrades and Harper paid tribute to the 24-year-old member of the Argyll and Sutherland Highlanders, killed while standing guard at the National War Memorial last Wednesday.

"Loyal, tough, loving, true. His family knew it, his regiment knew it, and now Canadians know it. Rest in peace, Cpl. Cirillo. Your Argyll family will not forget," said Lt.-Col. Lawrence Hatfield, commanding officer of the Argylls.

Cirillo's cousin, Jenny Holland, spoke on behalf of Cirillo's family, many of whom had marched behind the casket during the procession. Holland shared stories about his childhood, recalling memories such as the time Cirillo brought a wagon to an Easter egg hunt "so he could get the most treats in the quickest time."

Cirillo's five-year-old son Marcus was his joy and focus, Holland said, and the boy "adored him so much."

"Not only was he his father, he was his friend," she added, as Cirillo's mother Katherine wiped tears from her eyes.



Canadian reservist Cpl. Nathan Cirillo in an undated photo taken from his Facebook page. THE CANADIAN PRESS/HANDOUT

In a tribute to Cirillo, Harper directly addressed the young man's grieving family, including Marcus, Katherine, Cirillo's stepfather Victor Briffa, and sisters Nicole and Natasha, expressing the hope that "time ease the searing pain of today."

That Cirillo's death occurred at Canada's national place of solemn remembrance was a "bitter and truly heart-wrenching irony," Harper said.

"These monuments remind us that freedom is never free. It has been earned by the soldier and then donated to all of us."

Before Cirillo's casket was taken into the church, the pallbearers soberly accompanied it through the streets, marching slowly in a sign of respect for the soldier.

At the front was Ryan Weinberger, a close friend who said the corporal would have been overwhelmed by the outpouring of love.

"If Nathan were alive today, if he could sense any of this, I think that he would feel extremely touched and extremely thankful for the warm welcome we've got from so many Canadians," Weinberger said over the weekend.

Cirillo was killed by a single gunman, Michael Zehaf Bibeau, who fired on the ceremonial soldier then stormed onto Parliament Hill before he was fatally wounded.

The military funeral is intended to both honour the family of the officer who has died, and provide "reassurance to each other that we're hanging together," said Lt. Navy Gordon Laco early Tuesday, while preparing for the procession.

"The military is about violence when diplomacy fails. But it's also a close family and that closeness is what helps members of the military get through tough times" he said. "What's remarkable is, of course, this tough time is that it happened at home."

TORSTAR NEWS SERVICE

A soldier

"He never took the hard knocks or tough challenges personally. He just smiled and soldiered on, both in the regiment and in life."

Lt. Col. Lawrence Hatfield, commanding officer of the Argylls

A hero

"Our hearts are broken at his loss. But our spirits are grateful for his memory."

Prime Minister Stephen Harper

A father

"Nathan may have looked like a big, tough man, but he was such a kid at heart. It was beautiful to see the joy he had while playing with his son."

Jenny Holland, cousin of Cpl. Nathan Cirillo

A large crowd lines James Street in Hamilton, Ont., as the casket of Cpl. Nathan Cirillo passes by. Thousands lined the streets to pay their respects on Tuesday. RICHARD LAUTENS/TORSTAR NEWS SERVICE

On the street

A nation mourns

Thousands of people — some wearing Canadian flags and poppies, many who never met Cpl. Nathan Cirillo — came out to honour the young soldier.

Jan Gallo brought her granddaughter and the pair sat in Canadian flag chairs. "Not only are we here to honour Cpl. Cirillo, but also all of our armed services," she said.

Gillian Archer, 10, stood outside the First Ontario Centre to watch her father march by in the sombre funeral procession.

"My father is a soldier, so this is very important to me," said Gillian, who was there with her mother and two siblings.

Awaiting the procession Tuesday, Drew Tarvids, a Scarborough native and Hamilton resident, stood draped in a Canadian flag.

"I respect any man that has the guts to do what he did. Respect. That's what it's about," he said. "I was born and raised in this country, and I love it."

TORSTAR NEWS SERVICE

Marcus Cirillo outside the church, following the funeral service for his father, Cpl. Nathan Cirillo. PETER POWER/THE CANADIAN PRESS

Words for Nathan

"Nathan, these words are for you. Your death is such a tragedy, but yet it's not in vain. Because of you, every Argyll and every man and woman who is honoured to wear the uniform of the Canadian Forces stands prouder and taller this day."

Major the Reverend Canon Rob Fead of the Anglican Church of Canada, who conducted the funeral service and serves as Chaplain to the Argyll and Sutherland Highlanders

Cpl. Nathan Cirillo is carried into Christ's Church Cathedral. TARA WALTON/TORSTAR NEWS SERVICE

A woman cries as the coffin of Cpl. Nathan Cirillo is escorted through the streets toward his funeral service. PETER POWER/THE CANADIAN PRESS

Symbols of respect

The regimental funeral was imbued with meaning:

- **Mourning bands.** Officers wore a black band of fabric around the left bicep as a symbol of respect.
- **Gun carriage.** Traditionally a fallen soldier is placed on a cart built to carry guns as a sign of respect and honour.
- **The slow march.** A deliberate "slow march" is a ceremonial stride meant to show grief and respect.
- **Arms reversed.** This drill position is meant to signify a time of mourning, rather than the battle-ready upright position.

Moncton shooter says 'sorry'

Justin Bourque. At sentencing hearing killer addresses families of slain Mounties

Left to right: RCMP Chief Supt. Wayne Gallant, Chief Supt. Marlene Snowman and Insp. Costa Dimopoulos leave Moncton Law Courts after day two of Justin Bourque's sentencing hearing in Moncton, N.B., Tuesday. ANDREW VAUGHAN/THE CANADIAN PRESS

Justin Bourque apologized Tuesday to the families of the Mounties he shot in the north end of Moncton on June 4, saying in a quavering voice that the reasons he gave to police for killing three officers and wounding two others were the words of an "arrogant pissant."

Bourque, speaking at the conclusion of a two-day sentencing hearing at the Court of Queen's Bench in Moncton, acknowledged the pain the victims' families must have felt Monday after they watched his emotionless, rambling statement to police on June 6.

"It's the talk of some arrogant pissant, as if it was nothing to me," he said. "I want the families to know ... it does mean something to me."

In the three-hour, videotaped statement, Bourque appears relaxed as he leans back in a chair and explains that he wanted to encourage people to rise up against the "soldiers" that defend federal institutions and protect the rich from the poor.

The 24-year-old said his original plan was to set fire to several Moncton gas stations to harm the oil industry, but he ditched that idea because of problems with his bicycle.

On Tuesday, Bourque said he had changed his mind about what he had said and done.

"Everything I said was from hatred," he said, referring to the police statement. "If you had asked me about this two days (after the shootings), there was nothing to be proud of."

Before he was led out of the courtroom, Bourque offered an apology. "Saying sorry or any apology is almost useless, but I am sorry," he said. "There's nothing else to say."

An agreed statement of facts previously filed with the court says Bourque's actions were both "planned and deliberate" when he used a Poly Technologies M305, 308-calibre semi-automatic rifle to kill constables Dave Ross, 32, Fabrice Gevaudan, 45, and Douglas Larche, 40. Constables Eric Dubois and Darlene Goguen were also wounded.

A 28-hour manhunt for Bourque left much of Moncton paralyzed until his arrest just after midnight on June 6.

Bourque legally bought the gun on July 24, 2009, and had a valid firearms certificate for it, Crown attorney P.J. Veniot said Tuesday.

In August, Bourque pleaded guilty to three counts of first-degree murder and two counts of attempted murder.

At the very least, he faces a mandatory life sentence with no parole eligibility for 25 years for the first-degree murder charges.

Judge David Smith said he will sentence Bourque on Friday. THE CANADIAN PRESS

CBC investigating 'claim of impropriety'

The CBC says it has learned of a "specific claim of impropriety" toward one of its employees that will be included in a "continuing investigation" at the public broadcasting corporation.

In an internal memo to staff, Roula Zaarour, CBC's vice-president of People and Culture, said the company learned of the claim late Monday evening through a story in the Toronto Star.

"We have always encouraged our employees to come forward with any concerns about their working environment," Zaarour said. "We are here to support you. That has been and will remain the case."

On Sunday, the Star published detailed allegations against former CBC Radio host Jian Ghomeshi. Three women quoted in the story claim that Ghomeshi physically attacked them without their consent during sexual encounters. A fourth woman, who worked at CBC, claimed Ghomeshi told her at work: "I want to hate f— you."

In a Facebook post Sunday, Ghomeshi denied engaging in non-consensual sexual acts and claimed he is the subject of "harassment, vengeance and demonization." Ghomeshi is suing the CBC for $55 million.

Jian Ghomeshi CBC/THE CANADIAN PRESS

None of these allegations has been tested in court.

Zaarour's memo to employees doesn't name Ghomeshi, nor specify which matter is being referred to, but states that the CBC will consider "any new information" that comes up.

TORSTAR NEWS SERVICE

Diran Lin, father of victim Jun Lin, heads back to the courtroom at the trial for Luka Rocco Magnotta on Tuesday in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

Court hears testimony of Magnotta's Berlin arrest

Murder trial. Defence lawyer set to begin presenting case Friday

The dramatic search for Luka Rocco Magnotta ended at a Berlin Internet café in June 2012 with an abrupt admission from the accused that he was the person authorities were looking for.

Confronted by a German police officer in the café, Magnotta initially identified himself as Kirk Trammell, an American from New York who didn't have any identification on him, his murder trial heard Tuesday. But a persistent German patrol officer, Marc Lilge, continued to question the man, who was stuttering, shaking and sweating, as several police cadets shadowing Lilge looked on. The admission came after a few minutes.

"'You got me, I'm Mr. Magnotta, I'm the man you're looking for,'" Lilge quoted Magnotta as saying.

Magnotta, 32, is charged with first-degree murder in the slaying and dismemberment of Jun Lin in May 2012 in Montreal before he fled to Paris and then Berlin. He admitted to killing the Chinese engineering student, but has pleaded not guilty by way of mental disorder.

Crown prosecutor Louis Bouthillier presented his final scheduled witness on Tuesday afternoon. Following the testimony, Quebec Superior Court Justice Guy Cournoyer addressed the jury.

"With this, the evidence of the prosecution is almost completed," Cournoyer said. "Counsel are working on the last series of written admissions and this requires some verification. We don't want that verification to be carried through in unnecessary haste."

Cournoyer suspended the proceedings until Friday, when defence lawyer Luc Leclair is expected to begin presenting his case.

On Tuesday, several German witnesses provided a snapshot of June 4, 2012, the day Magnotta was arrested.

Lilge said he handcuffed Magnotta immediately and that the Canadian's last words were that he wanted to leave the scene before the media arrived.

The officer testified that Magnotta had a smirk on his face as he was transported to a detention centre.

THE CANADIAN PRESS

Additional charges

Magnotta faces four charges in addition to premeditated murder: criminally harassing Prime Minister Stephen Harper and other members of Parliament; mailing obscene and indecent material; committing an indignity to a body; and publishing obscene materials.

'This is soul-destroying stuff for women'

A lawyer for a senior Manitoba justice who faces removal from the bench because of nude photographs posted on the Internet says a disciplinary panel of judges should not view the photos because it would violate the privacy of a victim.

Sheila Block, who represents Associate Chief Justice Lori Douglas, told the panel reviewing her conduct that the racy photos should be returned to Douglas.

"Any viewing is an assault on that victim," Block said at the hearing in Winnipeg on Tuesday. "This is soul-destroying stuff for women."

The photos were not released with Douglas's consent and are not vital to the tribunal's work, Block argued.

The photos were taken by Douglas's late husband Jack King, who posted them on a website in 2003 and showed them to a client to try to entice him to have sex with his wife. Both King and Douglas were lawyers at the time. King admitted sharing the pictures without Douglas's knowledge.

Alexander Chapman, King's client, alleged he was sexually harassed by King's actions. He accepted $25,000 to drop the complaint and destroy the photos. But he held on to copies of the pictures and made them public in 2010.

A disciplinary panel struck by the Canadian Judicial Council is examining whether the photos are "inherently contrary to the image and concept of integrity" and undermine the justice system. The panel is also looking at whether Douglas failed to disclose their existence before she was appointed a judge in 2005 and whether she altered her personal diary when she discovered the council investigation into her conduct. THE CANADIAN PRESS

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HBC HUDSON'S BAY COMPANY

Thousands threatened. Lava flow inches closer to Hawaiian community

A river of asphalt-black lava was within yards of a home in a Big Island community on Tuesday, after weeks of slow movement.

The lava crackled and smoked as it advanced toward the two-storey structure in Pahoa Village, smothering an expanse of vegetation.

Residents of the small Hawaii town had weeks to prepare for what's been described as a slow-motion disaster. Most have either already left or are prepared to go when necessary.

County officials are making arrangements for those living in the lava's path to be able to watch the lava destroy their homes as a means of closure.

"You can only imagine the frustration as well as … despair they're going through," Hawaii County Civil Defence Directo-Darryl Oliveira said.

The lava was about 64 metres from a home Monday evening, officials said.

In the 1990s, about 200 homes were destroyed by lava flows from Kilauea. The last evacuations from the volcano came in 2011.

THE ASSOCIATED PRESS

The front of lava flow burns through thick vegetation and a fence in Pahoa, Hawaii. USGS/GETTY IMAGES

Surgery. Kim Jong Un absence due to procedure to remove cyst: S. Korea

South Korea's spy agency said Tuesday it has solved the mystery of North Korean leader Kim Jong Un's six-week public absence, which set off a frenzy of wild speculation around the world.

The National Intelligence Service told legislators that a foreign doctor operated on Kim in September or October to remove a cyst from his right ankle, according to Park Byeong-seok, an aide for opposition lawmaker Shin Kyung-min. The aide said the spy agency also told lawmakers in a closed-door briefing that the cyst could recur because of Kim's obesity, smoking and heavy public schedule. The agency identified Kim's condition as tarsal tunnel syndrome, caused by compression of a nerve, sometimes because of a cyst. Surgery is generally seen as a last resort after other treatments are unsuccessful. THE ASSOCIATED PRESS

North Korean leader Kim Jong Un, far right, seen here in an undated photo. KNS/AFP/GETTY IMAGES

'Naked Rambler'

U.K. man loses public-nudity human-rights bid

A British man who spurns clothes has lost a legal bid to have public nudity declared a human right.

Gough, a 55-year-old former Royal Marine nicknamed the "Naked Rambler" was arrested more than 30 times in Scotland between 2003 and 2012.

THE ASSOCIATED PRESS

Halloween

Cops shut down noisy music-and-light display

It's no treat for a Southern California Halloween lover after police shut down his huge music-and-light show.

The Riverside Press-Enterprise says Kevin Judd used 12,000 lights to create the display at his friends' home. On Sunday, police responded to noise complaints and shut down the display. THE ASSOCIATED PRESS

Health workers gear up for Ebola safety program

Health workers wear protective gear as they attend a preparedness program for Ebola at the Infectious Disease Hospital in Colombo, Sri Lanka, on Tuesday. Airports in Asia have stepped up their defences, screening passengers travelling from affected countries, taking any with high temperatures in for observation and trying to keep in contact with them for the virus' 21 day incubation period. The WHO says more than 10,000 have been infected with Ebola, about half of which have died. ERANGA JAYAWARDENA/THE ASSOCIATED PRESS

Texas nurse Vinson declared Ebola-free

Health. Hospital staff were inspired by nurse's courage and passion to commit herself to caring for Ebola patient

Amber Vinson, a nurse who fuelled Ebola fears by flying to Cleveland after being infected by her dying patient in Dallas, is now virus-free, and was celebrated Tuesday by her caregivers as courageous and passionate before getting out of the hospital.

Dr. Bruce Ribner, an infectious disease expert who oversaw Vinson's recovery at Emory University Hospital in Atlanta, said medical workers "deeply admire Ms. Vinson's care and courage in caring for patients with serious communicable diseases."

Vinson's trip home to join her bridesmaids for wedding preparations was one of several moves by doctors and nurses that may have exposed others in the United States. In Ohio alone, 163 people were still being monitored Tuesday because of contact or potential contact with Vinson in a bridal shop or as she was travelling.

Amber Vinson THE ASSOCIATED PRESS FILE

Vinson, 29, was infected while caring for Thomas Eric Duncan, who died at Texas Health Presbyterian Hospital Dallas on Oct. 8. She inserted catheters, drew blood and dealt with Duncan's body fluids while wearing protective gear.

Ribner said her doctors in Atlanta don't know how she got infected. They would not confirm any treatments that were used, however a spokeswoman from Emory University Hospital confirmed Ebola survivors Kent Brantley and Nancy Writebol donated blood plasma. Writebol's was ultimately not needed.

Ebola is only contagious when people who carry the virus get sick, and Vinson didn't show symptoms before flying to Ohio on Oct. 10.

She reported her temperature to the Centers for Disease Control and Prevention, as required, on Oct. 13, and was cleared to fly back to Dallas. The next day, she developed a temperature, and on Oct. 15, she tested positive for Ebola.

THE ASSOCIATED PRESS

Australia

Entry visas suspended

Australia is suspending entry visas for people from Ebola-affected countries in West Africa.

The government is cancelling and refusing non-permanent or temporary visas held by people who are not yet travelling, and new visa applications will not be processed. Permanent visa holders who have yet to arrive in Australia must submit to a 21-day quarantine.

Airport checks have identified more than 800 people who entered Australia from West Africa and could have been in Ebola-stricken areas. None have required hospital visits.

THE ASSOCIATED PRESS

French

Air Canada doesn't have to pay couple over language spat

An Ottawa couple who complained after not being served in French on Air Canada flights are not entitled to financial compensation from the airline, the Supreme Court ruled Tuesday.

The Federal Court originally said Lynda and Michel Thibodeau should receive $12,000, but that ruling was overturned.

THE CANADIAN PRESS

Lowe's

Customer service being outsourced ... to robots

The robots are coming. Lowe's is testing whether new bots on wheels can improve its customer service, like helping a shopper find a match for something as simple as a nail.

Four robots are being tested an Orchard Supply Hardware store owned by Lowe's Companies Inc. in San Jose, Calif.

THE ASSOCIATED PRESS

While it lost hockey...

CBC wins Olympic broadcast rights

CBC has secured the broadcast rights to the 2018 and 2020 Olympics.

CBC will partner with Bell Media and Rogers Media to carry the 2018 Winter Games in Pyeongchang, South Korea, and the 2020 Summer Olympics in Tokyo.

CBC had the broadcast rights for this year's Sochi Olympics and will show the 2016 Summer Games in Rio de Janeiro. THE CANADIAN PRESS

Competition Bureau

Burger King, Tim Hortons deal gets thumbs up

Canada's Competition Bureau has approved Burger King's plan to buy Tim Hortons Inc.

The federal regulator ruled Tuesday the deal was unlikely to reduce competition "due to, among other things, the existence of a large number of competitors and the low barriers to entry in the fast food industry."

THE CANADIAN PRESS

India slides to 114th in gender-gap ranking

Gender Gap Index. Annual report finds despite a fast-developing economy, women in India still face inequality

Schoolgirls play at a government school in Hyderabad, India, on Tuesday. Indian women still face some of the world's worst inequality, according to the latest annual Gender Gap Index. MAHESH KUMAR A.

Indian women still face some of the world's worst inequality in access to health care, education and work, despite years of rapid economic growth, according to a survey of 142 nations released Tuesday.

The annual Gender Gap Index by the Geneva-based World Economic Forum showed India falling to 114th place, after being ranked 101st out of the 136 countries surveyed last year. That puts India below other fast-developing nations including South Africa, ranked 18th, China at 87 and Brazil at 71.

"Achieving gender equality is obviously necessary for economic reasons," Klaus Schwab, WEF founder and executive chairman, said in a statement.

"Only those economies who have full access to all their talent will remain competitive and will prosper."

Overall, the report said gender equality is improving worldwide, with 105 countries becoming more equal since the forum launched the index in 2006 and health and education access being the most egalitarian across the globe.

"Much of the progress on gender equality over the last 10 years has come from more women entering politics and the workforce," said the report's lead author.

India ranked a high 15th for female political participation, with some of its most powerful positions in government recently occupied by women.

But it was among the bottom 20 in terms of income, literacy, work force participation and infant survival.

THE ASSOCIATED PRESS

Usual suspects

The index ranks countries based on health, access to education, economic opportunity and political participation.

- Canada ranked 19th, one place above the United States.
- Nordic nations led the world with Iceland, Finland, Norway, Sweden and Denmark occupying the top five spots.
- Yemen, Pakistan and Chad remained at the bottom of the list.

Magic of Macy's. American department store chain set to open store in Abu Dhabi

The Middle East is getting the world's first Macy's department store outside of the United States, and just for good measure, its second Bloomingdale's too.

Property developer Gulf Related and Dubai-based retail conglomerate Al Tayer Group said on Tuesday that they plan to open both stores in a new shopping centre being built in the United Arab Emirates capital Abu Dhabi.

The mall is expected to cost about $1 billion US to build and should open in spring 2018.

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Market Minute

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I'M NOT A SPORTS FAN, BUT I PLAY ONE ON BAD HAIR DAYS

GUEST COLUMN
Kate Carraway
metronews.ca

I'm the kind of self-regarding loser who likes monograms and necklace charms in the shape of my initials. It follows that I have and love a Kansas City — KC! That's me! — baseball cap, in royal blue.

I don't have that cap — or my (genuinely!) vintage Blue Jays cap, or my few other items of baseball, basketball and hockey-related apparel — because I like sports. I don't. I almost don't watch sports at all, and I don't understand them, at all.

My favourite but possibly worst joke is when I ask someone what they're doing, and when they say, "watching the game," I respond, "I've seen 'the game'!" I do know how dumb and unfunny it is, yes, but it's really funny to me, because to a non-sports-fan, every game could be every other game. Every dunk could be every other dunk, or home run, or goal, or whatever. However, I've been wearing my Kansas City cap a lot, lately, because I haven't had a haircut in 1,000 years. And because my bad hair has coincided with Kansas City improbably sliding into a World Series, I'm being asked a lot about "my" team. Like when a preteen asked me who my favourite player was (no idea). Or when a baseball fan who'd missed a game asked me in a coffee lineup if I knew what the score was the night before (um).

I never lie, even though telling strangers that my hat indicates my own name-related narcissism more than it does any kind of fandom is straight-up embarrassing, but being accidentally — and temporarily, I assume, as at some point the World Series ends — included in the sphere of sports has been, if not exactly fun in the usual way, communally exciting, like an election or a blackout or an elementary school's annual carnival night. I'm not in these situations, where strangers are aligned by some external event or happenstance, very often.

I like it, because it's based on so little. I mean, I don't know anything about baseball, but I'm in, and the kind of positive inclusivity that doesn't care about anything other than intention-via-ball-cap has otherwise disappeared from my life.

Most of my day — too much — is spent in front of a computer, working alone or engaged in the self-selecting communities of friends, colleagues, and my social-media followers and followees.

My bright-blue Kansas City cap, though, is like an instant all-access pass to the kind of community that, I've found out, actually exists everywhere all the time (coffee lineups, classrooms, sidewalks), in real life, dependent on no details of lifestyle or demographic, just opt-in fandom. I still don't care about sports — at all — but I do like being a fan.

Paul Sullivan returns with Just Sayin' Nov. 12

Making the team

The kind of positive inclusivity that doesn't care about anything other than intention-via-ball-cap has otherwise disappeared from my life.

Metro Bitstrips caption contest

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MetroTube

metro AR

Fun police score big

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's a safe assumption that you're going to find Kevin Judd's fantastic lip-synching, 12,000-light Halloween house just as alluring as we do. Alas, the bad news is that house is far away in Riverside, Calif. Actually, there's worse news. The house isn't even in Riverside any more. Police shut down the display after too many people enjoyed it too much, tying up that precious traffic flow. #RIPSingingHalloweenHouse. You're a spooky ghost now. (California Through My Lens/YouTube)

SCREENGRAB

Comments

RE: Stephen Kimber's column In the wake of the Parliament Hill Shooting, We Must Remain Calm and Canadian, published online Oct. 27. 2014

While perhaps some of you may consider (Michael Zehaf Bibeau's and Martin Couture-Rouleau's) acts 'terrorist,' I know I and my friends & most of my family, consider them criminal acts. Their actions haven't terrorized us, nor will we let the actions of a few criminals change how we feel about the vast majority of the people in our country, no matter what religious observances they choose to follow. **More, posted to metronews.ca**

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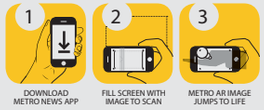

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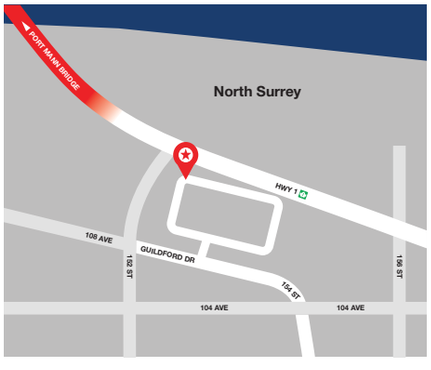

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Music

Lil Wayne GETTY IMAGES FILE

Lil Wayne career-closing album delayed again

The fifth installment of Lil Wayne's Carter series — which the hip-hop giant has said would be the album that caps his career — has been delayed again.

Tha Carter V, which was initially due out in May, was nowhere to be found on Tuesday, which was the updated release date.

The president of his Young Money label was quoted by hip-hop blogger Karen Civil as saying that no new release date has been set.

The New Orleans rapper — whose given name is Dwayne Michael Carter, Jr. — has released four Carter albums that have been among his most acclaimed works. He was the most-nominated artist at the 2009 Grammys for his Tha Carter III. The 32-year-old has repeatedly said that Tha Carter V will be his last album as he wants to spend more time with his four children. AFP

Goodbye dating, hello pop

Music. Taylor Swift grows up and turns on a new sound

Taylor Swift performs at the iHeartRadio Music Festival on Sept. 19 in Las Vegas. KEVIN WINTER/GETTY IMAGES FOR IHEARTMEDIA

When Taylor Swift released the Grammy-winning, banjo-tinged Mean in 2010, haters fired shots at the then-20-year-old.

Four years later, Swift says she's grown and was able to write her new single Shake It Off about others dissing her from a new perspective.

"We are all getting our hearts broken, being built up, being let down, feeling disappointed, feeling joy, feeling all these emotions, but what I've noticed is that even when it's the same kind of emotion that I'm feeling, I process it and feel it differently now than I used to," she said in an interview last week. "And I think that's a factor of growing up, but I'm pretty proud of the way it's gone."

All signs point to growth as Swift releases her fifth album, 1989. She's left behind her country roots to go full-blown pop, she's moved to New York City, and she hasn't really thought about dating in nearly two years.

"I think it's a beautiful thing to be in love. If you're in a good relationship, that's wonderful, but you are factoring someone else's feelings, schedule, opinion and priorities into your own feelings, schedule, thoughts, opinions, priorities. And in the last year and a half, that just hasn't been something that I've been interested in," she said.

Swift, 24, began dabbling in pop when she released Red in 2012, which featured the pop smashes We Are Never Getting Back Together and I Knew You Were Trouble. Max Martin, who co-produced those songs with Shellbeck, is the executive producer behind 1989 and has created a slew of pop anthems, from Britney Spears' ... Baby One More Time to Kelly Clarkson's Since U Been Gone.

"I found myself wanting so badly to explore this new territory, but I felt absolutely terrified to go too far in that direction because I thought people would be angry," Swift said about going pop.

"I think that the country community wasn't surprised that I made a pop album; I think they were surprised when I was honest about it."

It's a bold move for Swift, who moved to Nashville as a teen to pursue her singing career. Her first single was called Tim McGraw.

"We've had a great relationship with 2,000 country radio stations ... and so talking it through, she still welcomes their support," said Scott Borchetta, the president and CEO of Swift's longtime label home, Big Machine Records. "If the moment ever strikes her again and she decides, 'You know what, the music I'm making now is country,' I think she'll be welcomed back with open arms."

Swift says she's not sure she will record country music again — not because she doesn't want to, but because it's too early to tell.

"If I wanted to make Red 2.0 I could have done it, but I ... wanted the focus to be on the sound of the record rather than everyone dissecting each lyric to see who these songs are about," she said.

1989 is pure pop fun, featuring hook-heavy jams — from anthemic moments like Shake It Off and Bad Blood to calmer grooves like Clean, featuring Imogen Heap. It's also a sound that resonates with Swift's fans, if a recent secret session at her apartment in New York City was any indication.

The cover of 1989, the latest release by Taylor Swift. BIG MACHINE RECORDS

Swift invited 89 fans to her pad in Tribeca to preview 1989. The feverish group of girls and boys (and moms) immediately jumped to the floor to sit on pillows as Swift sat in front of them. One girl couldn't stop shaking.

"I'm a little worried about the shaking," Swift said to the blonde teen, and then gave her a high-five to calm her nerves.

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Johnny Marr is too busy making music now to contemplate the music he made in the past. THE ASSOCIATED PRESS

Johnny Marr is looking forward

Music. Former Smiths guitar hero settles into the role of rock frontman on Playland

Fittingly for the man who co-wrote How Soon Is Now, Johnny Marr doesn't believe in living in the past.

The former guitarist for The Smiths has just released his second solo album, Playland, a followup to his well-received The Messenger in 2013. Both offer robust, richly textured guitar rock — the latest of Marr's many musical modes.

Since The Smiths split in 1987 — leaving Marr, then 23, already a guitar hero — he has worked with electronic outfit The The, joined post-punk supergroup Electronic, fronted Johnny Marr and the Healers, collaborated with indie rockers Modest Mouse and contributed to the soundtracks for Inception and The Amazing Spider-Man 2.

He rarely seems to rest, much less rest on his laurels.

"The idea of a musician sitting around with a bottle of wine listening to his old recordings seems really a somewhat tragic waste of time to me," Marr said over the phone from a stop on his British tour.

He's keeping up a brisk pace of performances, including almost 30 dates in the U.S. and Canada starting Nov. 9.

Marr, 50, knows he will never escape the shadow of The Smiths, the 1980s band that melded his jagged guitar and the sardonic-poetic lyrics of singer Morrissey into the defining sound for indie-loving introverts around the world.

Short-lived but long-admired, the band is among 15 nominees this year for the Rock and Roll Hall of Fame — though Marr dismisses the idea of induction as about as likely as a Smiths reunion. In other words, don't hold your breath.

And he has no truck with aging rockers who lament the decline of popular music. "I think it's corny and somewhat arrogant to think that your time was better," Marr said. THE ASSOCIATED PRESS

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Poehler memoir is part ask Amy, part racy fun

Books. Amy Poehler talks about her divorce, drugs and more

Amy Poehler on the cover of her memoir. CONTRIBUTED

EMILY LAURENCE
Metro in New York City

Actress Amy Poehler's memoir Yes Please comes out this week and early buzz is promising it will be just as successful as Tina Fey's Bossypants and Mindy Kaling's Is Everyone Hanging Out Without Me? Poehler's glossy-paged hardback details everything from her early days of comedy to her Saturday Night Live career, but it also has the juicy stuff, like sex advice and details on her divorce. Here, we share some of the major talking points.

Divorce: Maybe it's because celebrities get divorced all the time, but we tend to think it isn't as bad for them as it is for us civilians. Poehler writes lovingly about her ex-husband Will Arnett and honestly about their divorce: It sucked. "When you are a person going through a divorce you feel incredibly alone, yet you are constantly reminded by society of how frequently divorce happens and how common it has become," she writes.

"You aren't allowed to feel special, but no one understands the specific ways you are in pain." Some life experiences don't need a punchline.

Drugs: Poehler doesn't hide the fact that she's said "yes, please" to many drugs. She chronicles how her father was a happy pot dealer and how she experimented with cocaine, mushrooms and ecstasy. "Cocaine is terrific if you want to hang out with people you don't know and play ping-pong all night. It's bad for almost everything else," she reveals.

Getting older: Apparently, entering your 40s is pretty awesome: "Gone are the days (hopefully) when you take everything personally and internalize everyone's behaviour. You get better at knowing what you want and need," Poehler writes.

Losing big awards: Poehler has won a Golden Globe and MTV Movie Award, but she's been a loser, too. What's it like when the camera pans to you not winning? Poehler gets honest about how even when you don't want to get caught up in the award show hum, you can't help it and actors that say they don't care are lying. "You spend weeks thinking about how it doesn't matter and it's all just an honour and then seconds before the name of the winner is announced everything inside you screams ... 'GIMME THAT PUDDING!!' Then comes the adrenaline dump, followed by shame." It's so much easier not being famous.

Career counselling: It's only natural to want Poehler's advice on turning your creativity into a career. But Yes Please is no Lean In. Poehler talks about how important it is to not put your career first: "Your career won't take care of you ... It will openly flirt with other people while you're around," she writes. She compares a career to a bad boyfriend. Poehler says the key to being happy with your career is caring about your work, not the result. "You have to care about how good you are and how good you feel, but not how good people think you are or how good people think you look," she writes.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jennifer Lawrence GETTY IMAGES

Double-rebound is over for JLaw and Chris Martin

So, Jennifer Lawrence and Chris Martin? Not so much dating anymore, at least not according to E! News. I mean, you know what they say about rebound relationships, right? And technically this one was a double-rebound, what with Martin recently being consciously uncoupled from Gwyneth Paltrow and the corporate offices of Goop Enterprises, plus Lawrence splitting (again) from adorable X-Men co-star Nicholas Hoult. Now then, to the details: "Jen is the one who broke it off with Chris," a source with a knack for stating the obvious tells People magazine.

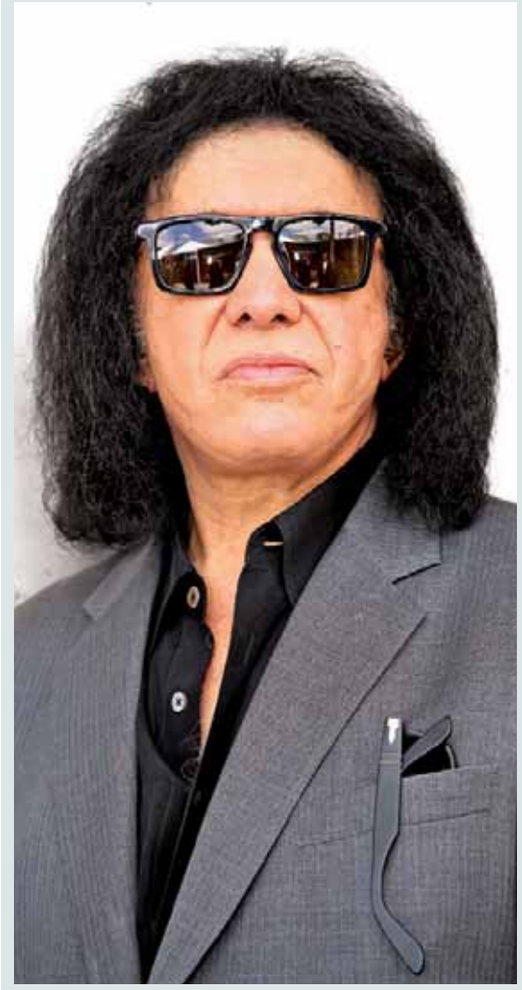
Robbie Williams GETTY IMAGES

Proud papa Robbie Williams overshares during birth of son

In this weird new Internet age, we all live in public — some more than others. Take, for instance, British pop star Robbie Williams, who kept fans and Twitter followers updated regularly as his wife, Ayda Field, gave birth to their second child earlier this week. He even managed to get video of her water breaking. Fun times!

"I need you to know I'm doing great," Williams says in one video. Judging by the photos, he was the only one. But the baby, a boy, did eventually make an appearance, and all is well. "I've never been more in love and I've never been more proud of my wife," Williams said in yet another YouTube update. "She's absolutely astonishing."

The Word



Women are from Venus and Gene Simmons is from prehistory

NED EHRBAR
Metro in Hollywood

I thought it had been a while since we'd had an installment of Gene Simmons: Quote Machine, but fear not! The Kiss frontman is back with a real doozy. He recently popped up on Fox News' Trending with Andrea Tantaros, and this time he's speaking directly to the ladies in the audience. "Life is not a straight line and I'm here to say women think differently than men. Men must work for a living. Women have the option of becoming the housewife, which is respectable and wonderful, but what happens when the man runs away?" Simmons opines. "Don't depend on them. Why should you? They don't depend on you for anything. The less you depend on a man for emotional and financial support, the better off you'll be." So let's all stop depending on each other and start making that money, right? Sun's out, tongues out, y'all.

Katy Perry GETTY IMAGES

Swifty always knew Katy was trouble and just can't shake it off

That feud between Katy Perry and Taylor Swift is reportedly so serious that it might cost a prominent tour director some work. Baz Halpin has handled the direction and production design for a number of tours for both Perry and Swift, but now that Perry has been tapped for the next Super Bowl Halftime Show and asked Halpin to join her, Swift is fuming, according to Radar Online. "She got word of Baz agreeing to do the show for Katy, and Taylor has flat out said she will not hire him ever again for any performance or tour if he goes ahead with his decision," a source says. "Katy got word of Taylor's 'ultimatum' and found it quite amusing."

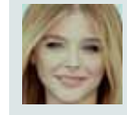
That was a close shave! Dude looks like Kevin Smith without a beard

Kevin Smith shaved his beard. I repeat, Kevin Smith shaved his beard. He ditched the iconic facial fur for a shot in his new film, Yoga Hosers. Now, I'm not suggesting it's news anytime the Clerks director does anything hygiene-related, but the results here are pretty astounding. "Look at this goofy spaz," Smith says in the post revealing the change. Look at him, indeed.

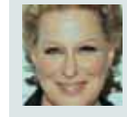
Kevin Smith TWITTER

Twitter

@realjknoxville
Sometimes tan leggings aren't a good idea, they're GREAT!!



@ChloeGMoretz
Seriously need a @soulcycle bike to ride when I'm outta town :(missing



@BetteMidler
Toys R Us pulled "Breaking Bad" action figures from the shelves. But where will Barbie get the amphetamines to keep her 2-inch waist?

LIFE 3

There's no shortage of ways to spend your money in Stockholm, one of Europe's most expensive cities. A dinner or even just a drink can set you back more than you expected. Luckily, the Swedish capital is an outdoorsy place, meaning there's also a lot of stuff you can do for free.

PHOTOS AND TEXT: THE ASSOCIATED PRESS

5 Free things to do in Stockholm

The Old Town

A stroll along the narrow alleys winding through Stockholm's Old Town offers a glimpse into the city's past. Or rather, a cleaned-up version of its past, without the foul stench of waste that filled the medieval core before modern-day plumbing. Old Town today is so tidily picturesque it almost has a Disneyland feel.

Subway art

If you're riding the subway anyway ($5 for a single fare or $15 for a day pass), you can enjoy what Stockholm tourism officials call the "world's longest art exhibition" for free. Nearly all of the 100 stations on Stockholm's three subway lines are decorated with murals, mosaics, sculptures or art installations.

Downtown swimming

In Stockholm, a city spread out over more than a dozen islands at the intersection of Lake Malaren and the Baltic Sea, some locals will tell you the water is clean enough to drink. That may be a stretch. You never see anyone cupping their hand for a refreshing swig from the city's many canals and waterways. However, in warm weather you do see people go for a swim just about everywhere there's access to water. There are more than 30 public bathing spots in Stockholm — from the rocks at Fredhall to the small sandy beach at Langholmen.

Monteliusvagen

There are places in the world where even an unskilled photographer can easily take a picture worthy of being framed and admired. Monteliusvagen is one of those places. This walking path on the cliffs over the northern shore of the Sodermalm district offers a breathtaking view of Stockholm's skyline. The Riddarfjarden bay acts like a mirror, reflecting the elegant facades of Old Town's waterfront palaces and the massive bell tower of the castle-like City Hall, home of the annual Nobel Prize banquet.

Woodland Cemetery

Skogskyrkogarden, a woodland cemetery on the southern edge of Stockholm, was created between 1917 and 1920 and became a UNESCO World Heritage site in 1994. Here the departed rest in natural surroundings, modest headstones marking their graves in imperfect rows amid the pine trees. The idea behind the cemetery was to blend architecture with nature.

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Post-Halloween Snack.
Creamy Kiss Dip & Apples

This recipe makes 12 bars. EMILY RICHARDS

This is a twist on everyone's favourite caramel apples. But you just dunk wedges into the dip and enjoy.

You can also refrigerate the dip until it's cold and use it as a cake filling or icing for cupcakes.

1. Place caramels and kisses in saucepan with cream and melt over low heat. Stirring occasionally, melt mixture until smooth.

2. In a large bowl, beat cream cheese until smooth. Slowly add kiss and caramel mixture into cream cheese while beating until smooth. Beat in vanilla. Serve with apple or pear wedges, strawberries or cookies.

EMILY RICHARDS

Ingredients

- 12 caramels, unwrapped
- 10 Halloween kisses, unwrapped
- 1/4 cup (60 ml) 5% light cream
- 1/2 cup (125 ml) light cream cheese, softened
- 1/2 tsp (2 ml) vanilla
- 4 apples, cored and cut into wedges

Take a dip on the dark side

Graveyard Goop. This dish is ideal for little goblins or big zombies who will Monster Mash at your get-together

DINNER EXPRESS
Emily Richards
food@metronews.ca

Have fun this Halloween and create a dip that is ghoulishly delicious.

Black beans are made into a creamy dip with a hint of cumin and garlic to keep away any truly scary monsters.

Buttering the flour tortillas will give your tortilla dipping tombstones an extra special taste.

Enjoy this with the kids before they go out for their treats and it will certainly put them in the mood to have a ghoulish time.

1. In a food processor, purée the black beans until fairly smooth. Add cream cheese, onions and cream, and purée until smooth. Pulse in cheese, garlic and cumin until combined. Spread into 9 or 10 inch (23 or 25 cm) pie plate and sprinkle olives in centre. Sprinkle lettuce around edges. Cover and refrigerate for at least 30 minutes.

2. Meanwhile, cut out ghostly shapes like tombstones, cats and pumpkins out of flour tortillas. Brush with butter and place on baking sheet. Bake in 400 F (200 C) oven for about 8 minutes or until just golden. Let cool completely.

3. Place some of the toasted tortillas into the dip to create a graveyard scene and serve remaining tortillas alongside.

Ingredients

- 1 can (19 oz/540 ml) black beans, drained and rinsed
- 1/2 cup (125 ml) cream cheese, softened
- 1/4 cup (50 ml) finely diced onions
- 1/4 cup (50 ml) 5% cream
- 3/4 cup (175 ml) shredded cheddar cheese
- 1 large clove garlic, minced
- 1/2 tsp (2 ml) ground cumin
- 1 can (200 ml) ripe sliced olives, drained and rinsed
- 1/2 cup (125 ml) shredded romaine lettuce or baby spinach
- 4 small whole grain tortillas
- 1 tbsp (15 ml) butter, melted

FLASH FOOD

From your fridge to your table in about 30 minutes or less

This recipe makes 2 1/2 cups (625 ml). EMILY RICHARDS

Ooey gooey before oogie boogie

This recipe serves six. NEWS CANADA

Before your little ones head out for Halloween on Friday, ensure they are full with these Easy, Breezy and Cheesy Quesadillas.

1. Heat oil in a large skillet over medium-high heat. Add onion and peppers, stirring for 4 to 8 minutes until vegetables are tender and lightly browned. Remove vegetables from pan and set aside.

2. Lightly coat one side of a tortilla with canola oil and place oil side down in a skillet over medium heat. Add 2/3 cup of the Taco Nacho cheese evenly on the tortilla, followed by 1/3 of the vegetable mixture. Next, layer 2/3 cup of Mozzarellissima cheese evenly over top of the vegetables. Place a second tortilla on top and brush lightly with oil.

3. Cook quesadilla for 4 to 6 minutes, flipping once, until cheese is melted and tortillas are lightly browned. Repeat with remaining ingredients.

4. Cut each quesadilla into eight pieces, and serve warm with sour cream and salsa.

NEWS CANADA/ FB.COM/SAPUTO.CA

Ingredients

- 1 onion, diced
- 1 red pepper, seeded and diced
- 1 green pepper, seeded and diced
- 6 tortillas, medium-sized
- 1 tbsp (15 ml) canola oil
- 4 cups (1,000 ml) Saputo Mozzarellissima or Taco Nacho shredded cheese
- Sour cream and salsa, optional

Food around the world

Spain (vegan rating: 8/10)

MEAT AND VEG
meatandvegontheroad.tumblr.com
Photos: Suzi Staheli
Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.

Veg: In Barcelona, we hit the supermarkets of our Gracia neighbourhood. Veg created a feast. A red grapefruit half and papaya slices occupied one side of the plate while an avocado half and hummus-topped baguette slices sat on the other. Complementing that was a salad containing pine nuts, vegetables, chickpeas and vegan chorizo.

Meat: I made my version of the Spanish omelette. A pan-fried and grilled potato omelette was spiced up with pieces of oily chili chorizo. On the side were avocado, baguette slices and a portion of Veg's surprisingly tasty salad. It was weird to pair vegan and real chorizo but it didn't taint the meal in anyway. We agreed it was nice to be in tasty, healthy Europe.

A roadmap to the realization of dreams

Career. Building a career plan is an exciting and efficient way of pushing your pursuits into high gear

RIANA TOPAN
TalentEgg.ca

Rather than being overwhelmed by the options ahead of you, take a moment and bask in the beauty of a blank slate. ISTOCK

You've probably spent quite a bit of time thinking about what you want to accomplish professionally.

If you haven't already put together a personal career plan, it's a good idea to set aside an hour or so and sit down to plot out your short-, medium- and long-term goals.

Developing a plan will help you maintain a sense of direction and keep you focused on working towards your end goal, whatever it may be.

Your career plan should be well thought-out, realistic and, most importantly, flexible. Don't look at it as a set-in-stone plan for your professional life, but rather as a road map that may grow and change as you move through the world.

The short term: Present to 2 years from now

Start by identifying your immediate goals. Perhaps it's finishing your undergraduate degree with honours, completing 100 volunteer hours or finding an entry-level position in my chosen industry.

Next, get set with detailed steps that will enable you to accomplish each goal.

If your goal is to complete your degree with high academic standing, you might boost your achievement by arranging to connect with your instructors for more extensive feedback, starting a peer study group and setting aside additional time to review your notes.

Once you've figured out what and how, set down the when. Create a timeline, breaking your plan down into monthly increments to ensure you have enough time to realistically complete each step, and to give yourself a checklist for what you need to finish each month.

Questions to ask yourself:

- How is your short-term plan going to help you achieve your end goal?
- Which factors of your plan are within your control? Which are outside of it?
- What will you do if you are unable to accomplish part of your plan?

The medium term: 2 to 5 years from now

Unlike your short-term plan, it's OK for your goal to be less specific here.

Working upwards to becoming a mid-level manager or supervisor might be one, or pursuing a postsecondary degree in marketing.

In a medium-term plan, having an overall sense of the steps you might take is key. Identifying this information early will help you keep your short-term plan up to date.

To pursue a postsecondary degree, for example, you would want to set aside time to pursue any necessary prerequisite courses, reinforce your contacts with relevant references and even plan to set aside money to cover the cost of tuition and relocation, as appropriate.

Next, build your timeline using periods of six to 12 months.

Take into account time-based factors you can't control, like application deadlines, necessary years of study and so on.

Questions to ask yourself:

- Is each part of your plan directly relevant to your goals?
- What will you do if your plan doesn't work out? Do you have a backup plan?
- Can you anticipate any personal or professional conflicts that might complicate your plan?

Once you've created your career plan, don't forget to revisit it regularly to check in with your goals, make changes as needed and ensure that you're following the timelines you set for yourself.

Remember that this is just a plan — although it's great to be prepared and to know what you want to achieve, it's impossible to plan out every detail of the future.

You'll be much better off if you're able to adapt to challenges as they arise and take advantage of new opportunities that come your way, without losing sight of what's important to you in the long run.

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The long term: 5+ years from now

This is a place to identify your "big goal" — Where you want to be professionally after spending years on your career.

A big goal might be owning and operating your own business, working as an environmental consultant with a specialization in sustainable agriculture, or publishing an industry handbook about the role of diversity in the workforce.

Here, you'll want to build on the path you've planned in your short- and medium-term reflections. Assuming many (or all) of your plans in those areas are successful, ask yourself how you'll be better equipped to pursue these lofty career ambitions.

For example, owning and operating a business will call for significant financial resources. If you have major purchases like property, a car, or extensive travel as some of your medium-term goals, you may have to re-evaluate.

Build a timeline using five-year blocks for 5+, 10+ and 15+ years from now. Putting your major long-term goals in perspective will help you understand the steps you need to take today — and tomorrow.

Questions to ask yourself:

- Where do you expect to be financially, physically, emotionally, etc. in 5+ years? What else do you hope to accomplish, outside of your career, in the long term? What are some potential changes in your desired industry that could affect your career or your ability to compete in the job market?
- Do you have a second career choice in mind that you will have access to as an alternate option?

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When your group hasn't got the goods

Career. Take your team from chaotic cluster to competent co-worker combination

LAUREN MARINIGH
TalentEgg.ca

Whatever challenges you face with your work, make sure that other members of your team can rely on you. ISTOCK

Everyone has been there, whether it's at school or at work: stuck on a team that doesn't work well together.

Being on a team isn't always the easiest task, especially if you enjoy working independently and relying on your own skills. However, teamwork is a must-have career asset — there are few jobs that allow you to work completely outside of a team focus.

How can you get over your differences, power through tasks and come out on top as a team? Here's how to make sure you're ready to succeed the next time teamwork comes your way.

Be reliable

Whether you're a leader or a follower, your contributions to a team depend on your reliability. This is a top asset in your independent work as well, but it matters even more when other people are depending on you. No one on your team will enjoy working with you if you demonstrate that you are not reliable. If you let people down, you'll negatively impact morale, which can make it harder for others to get work done.

Communicate

Communication is key to success in a team environment. In order for a team to function it is crucial for team members to contribute their ideas, thoughts, and opinions while maintaining respect for others and for the work of the team.

Whether it's due to personal dynamics or a preference for solitary work, avoiding communication can end in disaster for all members of the team. Remember that it is important to keep your communications positive and professional. When you have something to say that may not get a favourable reception, try to offer constructive criticism and bring a solution to the table.

Use your strengths

Everyone has their own set of unique strengths which bolster a team's overall abilities.

Instead of designating work based on what's convenient (or whoever is closest), the best teams look at each individual's skills and determine how they can best contribute — as well as looking for opportunities to facilitate collaboration and improve performance.

Find out what each team member wants to do and what they excel at. Then figure out how you can divide and conquer the challenge before you.

Teamwork isn't always the ideal working environment for everyone, as many people prefer to work on their own, or won't be happy unless they can control every detail. However, the combined power of any team is a force to be reckoned with — and the best teams often do the best work.

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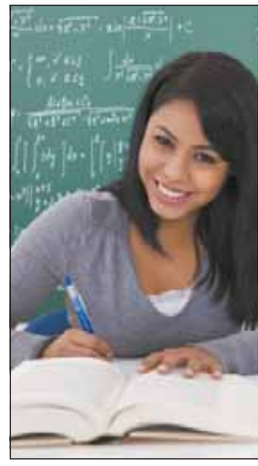
Listen up

Being open to the opinions of others is a key component of teamwork — and it's also one of the hardest skills to develop.

- It's easy to focus on discussion and planning without putting together the right information. A vital part of that process is giving everyone the chance to participate, and ensuring their input is heard.
- Problem-solving to build a solution can only happen when each team member is engaged in active listening.



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SPORTS 4

Night of firsts for Canucks' third line

NHL. Brad Richardson scored on Vancouver's first shot as Canucks beat lowly Hurricanes

CAM TUCKER
cam.tucker@metronews.ca

Brad Richardson splitting the opposition's defence? Don't see that very often.

In fact, for Vancouver's third line of Richardson, Zack Kassian and Shawn Matthias, it was a night of firsts, as the Canucks hosted the Carolina Hurricanes, a team still searching for its first win of the 2014-15 season.

And the Hurricanes will continue that search.

Their struggles have them in the early running for the Connor McDavid sweepstakes — if that's any consolation.

The Canucks won for the second time in this short three-game homestand by a final score of 4-1 on Tuesday. They host the Montreal Canadiens on Thursday.

That should provide a stiffer test.

The Habs, who made it to the third round of the 2014 Stanley Cup playoffs, sit atop the Eastern Conference standings through 10 games.

With the lowly Hurricanes in town, this was another example of the games the Canucks need to win, the opponents they need to put away and the two points they need to bank.

The Canucks didn't have their best game. They didn't look particularly sharp and kept the Hurricanes hanging around.

In the end, they got two points.

Richardson scored Vancouver's first goal of the game on its first shot.

It was Richardson's first goal of the season. Kassian and Matthias got the assists. It was Kassian's first helper of the season, and Matthias' first point in this, the ninth game.

Richardson later scored into an empty net.

Linden Vey and Jannik Hansen also scored for Vancouver.

The Canucks' Luca Sbisa bowls over the Hurricanes' Zach Boychuk at Rogers Arena on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

On Tuesday

Canucks	Hurricanes
4	1

John Beck

Lions backup QB has teammates' confidence

There are numerous ways for a player on a new team to gain the trust of his teammates.

John Beck's popularity points likely skyrocketed when he stood up in a room packed with football players, turned his hat on backward and busted out the hip-hop dance known as the Dougie.

Against the Winnipeg Blue Bombers, and already a well-liked figure in the Lions' locker-room, Beck seemed to earn more of their trust.

He entered in the fourth quarter after Kevin Glenn took a hit and sat out the remainder of the game.

Beck then engineered two touchdown drives, including Kito Poblah's 55-yard catch for a major that ultimately won the Lions the game and secured their spot in the playoffs.

That score set off an uninhibited celebration, with Beck running toward the sidelines and embracing offensive co-ordinator Khari Jones.

"Players like other players when they know they're going to help them to win and John did that," said head coach Mike Benevides.

The Lions are 9-7, and in the playoffs for an 18th consecutive year. Glenn is third among CFL quarterbacks in yards passing.

"There's no way we're in this situation without Kevin," said Benevides.

CAM TUCKER/METRO

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Royals finally tilt it in their favour

The Royals' Eric Hosmer slides safely into second base ahead of Giants second baseman Joe Panik's tag, to cap a two-run double during a seven-run second inning, in Game 6 of the World Series on Tuesday in Kansas City. DOUG PENSINGER/GETTY IMAGES

Early blowout. Seven runs in second inning too much for Giants

The raucous roar at Kauffman Stadium swelled with every batter in the second inning and then got louder the rest of the night.

As bouncers rolled by infielders and bloops dropped in front of outfielders, it became clear this World Series was headed to a climactic Game 7 — just like the one 29 years ago when the Kansas City Royals won their only title.

Lorenzo Cain looped a two-run single — one of eight Royals to get hits in a seven-run second inning — and Eric Hosmer chopped a two-run double over shortstop as the Royals battered the San Francisco Giants 10-0 Tuesday night to tie the World Series at three games apiece.

Pitching with the initials of late St. Louis outfielder Oscar Taveras on his cap, 23-year-old rookie Yordano Ventura allowed three hits over seven innings for his first Series win.

Game 6

Royals	Giants
10	0

"Guys stepped up in a big way tonight," Cain said.

Jeremy Guthrie starts Wednesday night for Kansas City and Tim Hudson for San Francisco in a rematch of Game 3, won by Kansas City 3-2. Hudson, 39, will become the oldest Game 7 starter in Series history.

Lurking is Madison Bumgarner, ready to pitch in relief after suffocating the Royals on a total of one run in winning Games 1 and 5.

"We're confident," the Royals' Billy Butler said. "Jeremy, every time out, gives us a chance to win."

Kansas City can be comfortable in this bit of history: Home teams have won nine straight Game 7s in the Series, including the Royals' 11-0 rout of St. Louis in 1985, since Pittsburgh's victory at Baltimore in 1979. And the Giants have lost all four of their World Series finales pushed to the limit.

"This club's so resilient. They're so tough. They'll put this behind them," San Francisco manager Bruce Bochy said. "You've come back against the odds, and you can do it again."

Teams with the home-field advantage have won 23 of the last 28 titles, including five in a row. This Series has followed the exact pattern of the only other all-wild card matchup in 2002, when the Giants won the opener, fell behind 2-1, took a 3-2 lead and lost the last two games at Anaheim.

"This keeps all our big guns fresh and ready tomorrow," Yost said.

In a Series marked by blowouts — the first in which five games were decided by five runs or more — Kansas City outhit the Giants 15-6 Tuesday. All nine Royals had hits by the third inning, matching the mark set by Arizona against the Yankees in Game 6 in 2001.

THE ASSOCIATED PRESS

Soccer friendly

Japan downs Canada 3-2

Second-half substitute Aya Sameshima scored in stoppage time after Sophie Schmidt had tied it late as Japan defeated Canada 3-2 on Tuesday in a wild international women's soccer friendly at BC Place Stadium.

Sameshima jumped on a mistake in defence and moved in alone on Canadian goalkeeper Stephanie Labbe before burying the winner.

THE CANADIAN PRESS

NBA

Spurs' season opener a thriller win over Dallas

Tony Parker had 23 points, including the game-winning three-pointer, Manu Ginobili added 20 points and the San Antonio Spurs capped an emotional NBA championship commemoration with a thrilling 101-100 victory over the Dallas Mavericks in their season opener Tuesday night.

THE ASSOCIATED PRESS

Fireworks expected.

Whitecaps visit FC Dallas in playoff match mode

Vancouver Whitecaps midfielder Russell Teibert expects a "battle" and "fight."

Goalkeeper David Ousted is prepared for a "brawl."

There are usually fireworks when the Whitecaps meet FC Dallas and Wednesday's one-game, first-round playoff matchup in Texas should be no different.

"You can see every time we play each other it's a real battle," said Teibert. "We know it's going to be a fight but these are the games you play for. These are the games you really get up for."

Vancouver and Dallas split three spirited games during Major League Soccer's regular season. Each team won at home with the other match ending in a 2-2 draw at BC Place Stadium.

The encounters were chock-full of emotion, with plenty of extra-curricular activities, on and off the field.

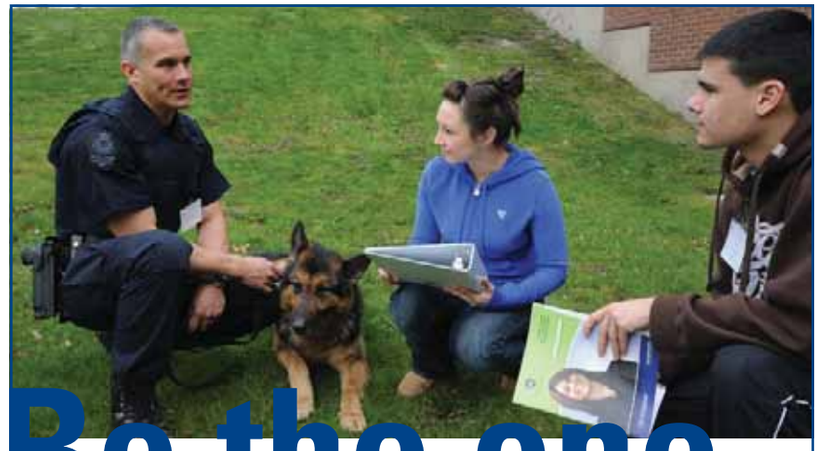
"Last time was a scrappy game and I think it's going to be a scrappy game again. It's going to be a little bit of a brawl and it's just the intensity of wanting to win games," said Ousted.

Dallas head coach Oscar Pareja and Vancouver assistant Martyn Pert were fined for their involvement in a post-match confrontation in the Whitecaps' 2-0 home win Oct. 4. The altercation came less than a month after Pert and Dallas assistant Josema Bazan were sent off during a 2-1 Dallas victory Sept. 13 in Frisco, Texas.

The Whitecaps are the only Canadian team in the MLS playoffs and are making a second post-season appearance in three years.

THE CANADIAN PRESS

Whitecaps goalie David Ousted
THE CANADIAN PRESS



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2014 Mercedes-Benz B 250

- **Type.** Five-door, front-wheel-drive hatchback/tall wagon
- **Engine**. 2.0-litre inline turbocharged four-cylinder (208 hp)
- **Transmission.** Seven-speed automatic
- **Price.** $32,575 base, $37,095 as tested

Market position

Entry-level model for Mercedes-Benz Canada, never available in the U.S., although the U.S. will soon get an EV version (no word on EV for Canada). Shares front-drive platform with CLA sedan. Sports Tourer is M-B's way of describing a vehicle that is much like a big hatchback, or a tall wagon with a rear liftgate.

Points

- 2-litre turbo produces 248 lb.-ft. of torque.
- Automatic is a 7-speed dual clutch, which can be shifted with steering wheel paddles.
- One of the few non-hybrid models with an automatic stop/start function, which is disabled in Sport mode.
- Only one trim line and no all-wheel-drive option.
- Built in Germany.
- Typical Mercedes interior.

The tall wagon offers ample cargo space and rear leg room.

Safety features

Eleven air bags, rain-sensing wipers, safety systems including collision-prevention assist, attention assist, and adaptive brake with hold function, ABS with brake assist, stability and traction control, tire-pressure loss warning, run-flat tires, weight-sensing airbag system, LED daytime headlights and Bi-Xenon headlamps.

Small tourer packs some punch

PHOTOS: MIKE GOETZ

Review. The Mercedes-Benz B 250 Sports Tourer straddles the hatchback/wagon style to good effect

MIKE GOETZ
drive@metronews.ca

Mercedes-Benz has always treaded carefully in lower-priced vehicle classes. The profit numbers probably start to get wonky when you're determined to develop a premium model in a segment where consumers aren't prepared to pay premium prices. And there's always that luxury brand image to protect.

So we get vehicles like the Mercedes-Benz B 250 Sport Tourer, the company's current entry-level model, which is not heavily marketed and is a bit slippery to categorize.

The small, luxury people mover with a liftgate is actually shorter than a Honda Civic or Toyota Corolla, but seems larger in person, probably due to its prominent front grille and its big interior box, which offers an impressive 1,547 litres of cargo space when the rear seats are folded forward. That's almost as much as the VW Tiguan, and the VW crossover is about 25 cm longer.

There's lots of legroom in the rear seats, too, thanks to a huge cavity under the front seats that swallows your feet.

But the driver's seat is where you want to be, with a very tall-in-the-saddle feel and lots of German-engineered trim pieces and materials.

However, I'm not a fan of the console-mounted controller you must use to access almost everything on the non-touch information screen. The screen is no beauty, either, perched on top of the dash like an afterthought.

On the move, the B 250 is all Mercedes-Benz. I don't remember anything this short having such a big, comfortable ride. It virtually glides over bumps and potholes.

The driver's seat is where you want to be, with a very tall-in-the-saddle feel. But the location and controller for the information screen are disappointing.

There are also 11 airbags and a few active safety technologies, such as collision-prevention assist (predicts collisions and prepares the braking system), attention-assist (senses drowsy-driver behaviour and advises you to take a rest when necessary), and adaptive brake hold (keeps the vehicle from rolling backwards when stopped).

The B 250 has a 2.0-litre turbocharged inline four, with 208 horses and 248 lb.-ft. of torque, hooked to a seven-speed dual clutch automatic transmission. To get those torque numbers, a big turbo is on-board, but big turbos come with more turbo lag, which is quite noticeable.

The B 250 also has a selectable Eco mode, which, among other fuel-saving initiatives, enacts an automatic stop/start feature for the engine, like we see on gas-electric hybrids.

Turbo lag, combined with stop/start, does not make for a good launch feel. But since both features contribute to fuel savings, getting used to the quirky launch could be worth your while.

So there are a few quibbles with the B 250, but its major attributes — Mercedes-Benz swag and safety, beautiful ride, space efficiency, and premium at-the-wheel feel — easily had me in its corner by the end of our week together.

Compare

1 BMW X1
Base price: $39,085
Sporty, at some expense to ride comfort. All-wheel-drive and 300-hp turbo six options.

2 Audi Q3
Base price:$37,895
Based on VW Tiguan. All-wheel drive available, but no diesel. Beautiful interior.

3 Lexus CT 200h
Base price: $32,995
High on fuel efficiency, low on refinement and luxury.

DRIVE

Much-loved family hauler has few issues

Second gear.
2008 to 2012
Chevrolet Malibu

JUSTIN PRITCHARD
drive@metronews.ca

An award-winning four-door, front-wheel drive sedan, Malibu was Chevrolet's answer to family machines like the Ford Fusion, Toyota Camry, Honda Accord, Mazda6, Hyundai Sonata, Chrysler 200 and others.

Available features include heated leather seats, a household power outlet, a sunroof and remote start. Antilock brakes, tire-pressure monitoring and a full traction control system are standard — along with side and curtain airbags.

Common Issues

Confirm proper operation of all door locks, both manually and from the remote and door-mounted controls — several times, to be sure there are no issues.

Listen to the front end of the car when driving at low speeds, especially on rougher surfaces.

Noisy struts, evidenced by a loud clicking or popping sound over a bump, or when the wheel is turned through its range while the vehicle is at rest, will require further attention from a mechanic.

Note that reduced engine power (a blogging sensation) and possible illumination of the traction control light, and a "Service Traction" or "Reduce Engine Power" message displayed in the cluster could be the result of a bad throttle body, or a problem with electrical grounds and wiring.

These issues may store trouble codes in the car's computer, which can be revealed with a scan by a mechanic. They are commonly fixed with a replacement throttle-body, or by having a technician ensure all associated wiring is attached and grounded properly.

Test-drivers should be on the lookout for dampness, moisture staining, or the smell of mould in the footwell areas. A blocked sunroof drain tube or improperly sealed body seams could be the culprit if a water leak is detected in these areas.

Some Malibu models from this generation were recalled to address a sudden loss of power-steering assist, which could lead to an accident.

Ask a GM dealer to check whether the car you're considering needs the recall work. You just need the VIN number.

Finally, although reliability information on the hybrid variant is fairly sparse, shoppers are advised strongly against purchasing a unit that hasn't first been inspected by a qualified hybrid technician.

CONTRIBUTED

What owners like

Owner reviews confirm model offered a quiet highway ride that's also well-sprung, comfortable, and suitable for long-distance cruising. Easy entry and exit, a large trunk, plenty of organization via cubbies and compartments and an overall easy-to-drive feel round out the package.

What owners

Complaints include a narrow trunk opening, some questionable-looking bits of interior trim, and a steering wheel that feels too large.

Engines

At launch, power came from a 2.4-litre inline four-cylinder engine or a 3.6-litre V6 — with power rated at 169 or 252 horses, respectively. A mild hybrid variant was also available.

The verdict

Malibu seems to be a much-loved family sedan for comfort, practicality and value. Most of the issues shoppers are likely to face should be easy to spot on a test drive, and easy for a mechanic to address.

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The Smart Electric uses a 55-kW motor that makes 75 hp, and out-accelerates some sports cars. CONTRIBUTED

Electric cars are quick off mark, but not for long

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Driving Force. Today's electric cars offer instant torque and are faster than gas models — over the first few metres

JIL MCINTOSH
drive@metronews.ca

Although some people still associate electric cars with slow-moving golf carts, nothing could be further from the truth.

The battery-powered cars available today all have quick acceleration that's often faster than that of a gasoline car, for a short period at least, thanks to the inherent nature of electric motors.

"You get immediate torque, which allows you to have immediate acceleration," says Jay Owen, director of Smart Canada, which sells an all-electric version of its two-seater Smart ForTwo.

"The gasoline car will catch up, but it has to cycle through a variety of gears."

Even the fastest gasoline cars have a slight delay after you've pressed the accelerator pedal, because it takes a split second for the pistons to start moving faster to rev up the engine. The transmission then has to shift through several gears to get up to top speed.

But the electric motor produces its maximum power immediately, and sends that power to the wheels through a single-speed transmission that doesn't need to shift.

Just as with a gasoline car, the electric power isn't infinite, and there comes a point where the car won't go any faster.

The Smart Electric Drive uses a 55-kW motor that makes 75 horsepower, and it can match or out-accelerate some sports cars in the first five metres. Of course, it drops behind them after that.

As with gasoline cars, some electric vehicles are more powerful than others; it depends on the size of the electric motor.

Cars with larger electric motors will accelerate faster and also reach a higher top speed.

"The size of the electric motor determines the car's power, not the size of the battery," Owen says. "The battery determines the car's range."

Drivers naturally want to drive as far as possible before they have to recharge. A bigger battery gives more range but, ironically, its extra weight will cut into the range it provides, since it takes more energy to move a heavier vehicle.

It will also cost more, and automakers have to balance the battery's range against its cost to be sure the car doesn't become so expensive that people won't buy it.

Fast facts

- Electric cars at the turn of the 20th century couldn't go very far, but they were popular because they started easily, while gasoline cars had to be cranked. When Cadillac introduced a gas-engine self-starter in 1912, electric cars were doomed.
- Electric vehicles use regenerative braking, which converts the kinetic energy of braking and stores it in the battery to increase the car's range.
- Battery technology is still the electric car's weak point, and researchers are working on lighter batteries that can store even more power.

Lapping the lake with a good sport in the Okanagan

Warning signs dot the roads around Okanagan, making them all that more enticing to motorcyclists. MARISSA BAECKER

Kawasaki ZX-6R.
Crotch-rocket proves surprisingly comfy and nimble on Okanagan's tricky twists and turns

MARISSA BAECKER
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Supersport (a.k.a. crotch-rocket) bikes are designed for one purpose: racing.

Built for speed, the rider triangle is intentionally compact and not necessarily conducive to taller riders. Since I stand 5 foot 11 inches, I have intentionally shied away from them.

But then I spent two days at the California Superbike School in Las Vegas, learning the ropes of supersport riding and developing high-speed cornering and braking skills.

I pushed my limits beyond the comfort zone and gained invaluable knowledge about what bikes can do, as well as what I can do riding one.

Naturally, I wanted to put my newfound abilities to good use and give supersport riding another shot.

So Barry Wellings, owner of Valley Moto Sport in Kelowna, let me borrow a 2014 Kawasaki ZX-6R ABS, which sells for about $12,500.

"There are no miles on it, so watch the tires," he warned. "The guys just put it together. They don't stick around very long — riders love this model."

Standing before me was a brand new, sexy, full-fairing motorcycle in pearl flat crystal white (which matched my Alpinestars leathers and Arai helmet beautifully), with flat black accents.

Once seated in the 32.7-inch-high saddle, I was pleasantly surprised by how well I fit the bike. My thighs moulded right below the bevelled tank as my knees gripped either side.

After a few kilometres on the road, I was even more surprised with the comfortable angle of my wrists, and how natural it was to keep my elbows tucked in. Steering was effortless and I truly felt like one with the bike.

A quick fill-up and I was off for a 2 1/2-hour lap around Okanagan Lake, including 70 kilometres of twisties along the thrilling Westside Road.

As I opened the throttle on the highway, this middleweight was quick to let me know that its 636-cc liquid-cooled in-line four-cylinder, four-stroke engine produces enough torque to kick-start my heart.

After a half hour of sweeping curves and spectacular scenery above Kalamalka Lake, I settled in without any complaints from my body.

At the head of the lake, I made a turn onto Westside Road. There are several warning signs along this stretch reminding motorists of the tricky navigation, which is what makes it so enticing to motorcycle riders.

Riding fast with your hair on fire is not required to fully enjoy this piece of pavement.

I kept a good pace within my limits and was exhilarated with the handling and performance of the ZX-6R. The traction control gave me peace of mind, the ABS evenly slowed the bike down entering the curves, and the low- to mid-range torque consistently pulled me out of the tight corners.

The bike weighs about 430 pounds, but rides like it's half that.

I pulled into the parking lot where Wellings was waiting with another eager rider.

"The tires are warmed up," I smiled.

Sporty but soft

"After a half hour of sweeping curves and spectacular scenery, I settled in without any complaints from my body."
Marissa Baecker

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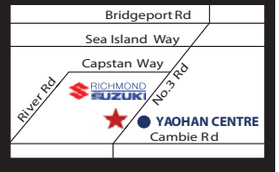

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Sorento EX shown△ hwy / city 100km^: 9.0L/12.7L

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2014 OPTIMA

UP TO $5,000 CASH BONUS*

Optima SX Turbo AT shown△

2014 SPORTAGE

UP TO $5,000 CASH BONUS*

Sportage SX AT Luxury AWD shown△

2014 RIO

UP TO $3,750 CASH BONUS*

Rio4 SX with Navigation shown△

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Offer(s) available on select new 2014/2015 models through participating dealers to qualified retail customers who take delivery from October 1 to 31, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, other fees and certain levies (including tire levies) and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and variable dealer administration fees (up to $699). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. *Representative finance example: 0% financing offer for up to 84 months available to qualified retail customers on approved credit for the new 2015 Sportage LX MT FWD (SP551F)/2015 Sorento 2.4L LX AT (SR75BF) with a selling price of $24,782/$27,532 and includes delivery and destination fees of up to $1,665, tire tax and AMVIC fee of $22 and a $0/$1,250 loan rebate. 364 weekly payments of $68/$76 for 84 months with $0 down payment. Credit fees of $0. Total obligation is $24,782/$27,532. See retailer for complete details. ^Cash purchase price offer for the new 2015 Forte LX MT (FO541F) with a selling price of $12,999 includes delivery and destination fees of $1,485, tire tax and AMVIC fee of $22 and a $4,503 cash credit (including a $3 dealer contribution). See retailer for complete details. ¤Cash bonus amounts are offered on select 2014/2015 models and are deducted from the negotiated purchase price before taxes. Available on finance, lease or cash purchase offers. Offer varies by trim. Certain conditions apply. $7,000/$5,000/$5,000/$3,750 maximum cash bonus amount only available on the 2014 Sedona EX Luxury (SD75CE)/2014 Optima SX AT (OP748E)/2014 Sportage SX AT (SP75BE)/2014 Rio4 SX AT (RO748E). †Loan rebate amounts are offered on select 2014/2015 models and are deducted from the negotiated purchase price before taxes. Available on financing offer only. Offer varies by trim. Certain conditions apply. Offer ends October 31, 2014. See your dealer for complete details. ‡"Don't Pay Until 2015" on select models (90-day payment deferral) applies to purchase financing offers on 2015 models on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends October 31, 2014. ^Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (FO748F)/2015 Sportage SX AT Luxury AWD (SP759F)/2015 Sorento 3.3L EX AT AWD (SR75HF)/2014 Sportage SX AT Luxury AWD (SP759E)/2014 Optima SX Turbo AT (OP748E)/2014 Rio4 SX with Navigation (RO749E) is $26,695/$38,495/$34,495/$38,295/$34,795/$22,295. ^Highway/city fuel consumption is based on the 2015 Sorento LX 2.4L GDI 4-cyl AT/2015 Sportage 2.4L 4-cyl AT/2015 Forte 1.8L MPI 4-cyl MT. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. The 2014 Kia Sportage received the lowest number of problems per 100 vehicles among small SUVs in a tie in the proprietary J.D. Power 2014 U.S. Initial Quality Study℠. Study based on responses from 86,118 new-vehicle owners, measuring 239 models, and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed from February to May, 2014. Your experiences may vary. Visit jdpower.com. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
No matter how fast you work today you won't be able to get on top of your schedule, so just tackle what needs to be done at your own speed and don't worry about the timing.

♉ Taurus
April 21 - May 21
Don't get so absorbed in a work or social issue that you miss the signals a loved one is sending you. Mundane matters can wait — relationships cannot.

♊ Gemini
May 22 - June 21
It may sadden you that a loved one feels unhappy with what you're doing. But, the more you try to convince them it's OK, the more anti they are likely to get.

♋ Cancer
June 22 - July 23
According to the planets you want to do one thing but your subconscious mind says you should be doing something else. What matters is that you do something — right now.

♌ Leo
July 24 - Aug. 23
Don't get uptight if things don't go the way you want them to. The best way to deal with challenges is to place yourself in a situation where you are forced to find a solution.

♍ Virgo
Aug. 24 - Sept. 23
The longer you spend thinking about what course of action to take next, the less likely it is you will do anything. Focus on whatever idea comes first.

♎ Libra
Sept. 24 - Oct. 23
You will be so sensitive to others' moods today that you may prefer to be by yourself for a while. That's perfectly fine.

♏ Scorpio
Oct. 24 - Nov. 22
Whatever challenges you have to deal with today, try not to attach much importance to them. What matters is that you save your energy for the more serious issues which lie ahead.

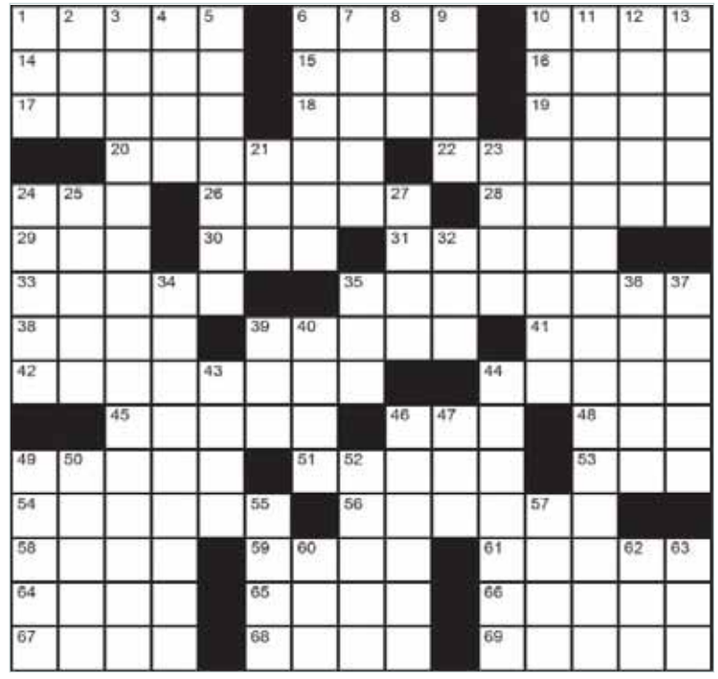
♐ Sagittarius
Nov. 23 - Dec. 21
Certain people seem determined to find fault with your performance. Now that you know that, you can take steps to make sure your performance is excellent.

♑ Capricorn
Dec. 22 - Jan. 20
Others will rush this way and that way today, trying to get on top of things but you will take it all in stride. Just make sure you don't get so laidback that you neglect certain responsibilities.

♒ Aquarius
Jan. 21 - Feb. 19
Try not to be so driven in your pursuit of success. Be ambitious by all means but don't lose your sense of perspective. You know there are more important things than fame and fortune.

♓ Pisces
Feb. 20 - March 20
If your instincts tell you not to ask too many questions then you will have no one but yourself to blame if you hear something you don't much like.

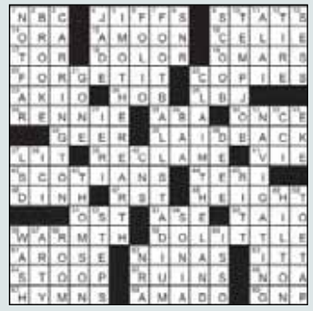
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Patron's passage
6. Pre-DVD machines
10. Tartaned one
14. Like a no-victor-yet match
15. American restaurant chain
16. Eugene O'Neill's daughter
17. Bread-making verb
18. "The Green Hornet" character
19. Tussle tresses
20. Causes fury
22. "...a will, __ a way."
24. Crooner Mr. Boone
26. Lizard type
28. Be indebted: 2 wds.
29. "La Isla Bonita" line: "Te dijo te __."
30. Kris, to Kourtney
31. Incan site, __ Picchu
33. Lee-Enfield, for one
35. High quantity of omega-3 in which North Atlantic fish?
38. Greek war goddess
39. Oil: French
41. Alphabet sequence
42. Ding-donger
44. Q. "Is '__.' __ abbreviation for Tuesday's follower?" A. "Yes."
45. Ontario rural community
46. Office neckwear
48. Long ago time
49. Screen legend Greta
51. Norwegian ...in Norwegian
53. Hit the slopes
54. "I'm fine with that." = "_ _ _ _."
56. Spectacular Canoe-travelling fur traders of the woods in New France: 3 mots
58. Whirring sound
59. Type size
61. Reality series for Lisa Vanderpump, to fans
64. 'Buck' suffix
65. Tehran's land
66. Muhammad Ali's daughter
67. Dish soap brand
68. Brand name

Down
1. Diving bird
2. Holiday's follower
3. Jully Black hit featuring Demarco: 4 wds.
4. Temporarily give money
5. Final stage
6. Dragons new to CBC's "Dragons' Den": Restaurateur, __ Vij ...and #44-Down...
7. BC: __ Provincial Park
8. Decay
9. Predicament
10. "West Side Story" (1961) song
11. Canadian History: breath mint
12. Commencement
13. 1817 poem by #34-Down, The Lament of __
21. Bigheadedness
23. Pig part
24. Peeled
25. __ acid
27. George Clooney's new wife
32. Hotshot
34. Romantic poet from England (b.1788 - d.1824): 2 wds.
35. Rich dollar amt.
36. Canadian showbiz news show
37. Monday: French
39. HRH part
40. __ Bator, Mongolia
43. Explosive sound!
44. As per #6-Down... Financier, Michael __
46. Absent without permission
47. AOL, e.g.
49. Spoil: 2 wds.
50. Director Mr. Kurosawa
52. Grouch on "Sesame Street"
55. Legendary
57. George Gershwin's 'Blue' musical work, briefly
60. 'Ump' suffix
62. Gumball brand, Rain-__
63. Camera-loving actor

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	6	8	2	5	3	4	7	1
7	4	5	6	1	8	3	2	9
2	1	3	9	7	4	6	8	5
8	3	1	5	6	2	7	9	4
5	9	7	3	4	1	8	6	2
4	2	6	7	8	9	5	1	3
1	5	4	8	9	7	2	3	6
6	8	2	1	3	5	9	4	7
3	7	9	4	2	6	1	5	8

Conceptis Sudoku

By Dave Green

	1	5				4	9	
4			8		1			2
			4					5
			2					4
			6					9
		9					6	
	2					1		
8					6			
9	4	1	7		2	5	8	6

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